

the Wharf

wharf.co.uk

FREE

JULY 4, 2013



FREE BEER!
at the Wood Wharf
Truck Stop pop-up

HURRY! • THURSDAY / FRIDAY ONLY • WHILE STOCKS LAST



JULY 4
The best of
America ...
over here

We talk to the
stand-ups who
are prepared
to stand up

FROM P12

**THE
PRINCIPLES
OF COMEDY**

NEWS Police station wrangle + MP's tunnel run anger
PLUS How does Olympic Park perform as a gig venue?

**Can you get
those early
morning
endorphins
going just
seconds
from where
you live?**

You can when you
rent at Stratford
Halo. A fully
featured private
24 hour gym can
be found on the
first floor of our
magnificent
43 storey tower.
Call us now to
find out more.

 **Genesis**

0800 988 8807

www.genesishomes.org.uk/for-rent



**JONES LANG
LASALLE®**

Sales & Lettings 020 7715 9700



WEATHER

22C	TODAY Cloudy
23C	FRIDAY Partly cloudy
24C	SATURDAY Sunny
26C	SUNDAY Sunny
28C	MONDAY Mostly cloudy

TRAVEL

TUBE & DLR
DLR and Jubilee line are both fine.

ROADS
No problems.

INSIDE

NEWS
Pages 1-11

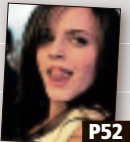
WHAT'S ON
Pages 12-14 / 51-52

PROPERTY
Pages 15-50

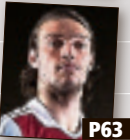
LIFESTYLE
Pages 54-58

REGULARS
Pages 60-62

SPORT
Page 63



P52



P63

CONTACT US

The Wharf
Trinity Mirror
21st Floor
One Canada Square
Canary Wharf
LONDON E14 5AP

EDITOR Giles Broadbent
email newsdesk@wharf.co.uk
editorial 020 7510 6306
advertising 020 7510 6055
web wharf.co.uk

ONLINE

■ You can follow us, have your say and find exclusive content at our website, our Facebook page and our Twitter feed @the_wharf
■ To read the newspaper on tablets, download our e-edition at wharf.co.uk



ESTABLISHED 1998

Agenda

10 rainy summers in a row is normal

Meteorologists have predicted the UK is not going to have one damp squib of a summer, but 10 in a row.

The doom-mongering media foresees us drowning in rain. The NHS will have to find money from down the back of the sofa, or by ditching something like cancer care, to fund mass Seasonal Affective Disorder counselling. Pimms will go bust. The forecast is bleak.

Oh boo hoo us. British summers are a myth. A legend. An oxymoron. People love to tell you about the long languid sunny months we used to enjoy, full of things like cricket,

BLONDE'S EYE VIEW



ANGELA CLARKE

barbecues and miners' strikes. Those people are slathered in nostalgia not sun cream.

When I flick through the photo albums of my childhood there are bright moments: blue sky backdrops to dens made from an old curtain slung between the metal dustbin and the wheelbarrow. But they are few and far between.

Yet there are plentiful images of the family huddled in coats on storm swept beaches in August.

If you remember hot sunny childhood summers you were probably in Spain. I was here I endured rain-lashed caravans,

freezing swirling seas and countless "picnics" eaten inside the car looking at the misty grey drizzle obscuring the view outside.

Want to relive the experience of your youthful summers? Spray your sunglasses with water droplets, stare at a whiteboard and shiver while you eat a packet of Wotsits.

However long you've spent living in the UK is however long you've spent training for this. So what if we have 10 years of washout summers? Shut up, button up your coat and stop whining. We're used to this.

Follow Angela on twitter:
@TheAngelaClarke

London eye



REUTERS

A photographer marks out a position in front of the door to the Lindo Wing of St Mary's Hospital, where Britain's Catherine, Duchess of Cambridge is due to give birth her baby in mid-July. The child will be third in line to the throne.

A week in London
Page 60

What our writers are talking about



■ My first reaction was to want to run away and vomit. Then the protective, practical mum part of me kicked in.

Tabitha Ronson

■ I am proud we have managed to shelter residents from the worst that this Government has inflicted upon local people.

Lutfur Rahman

■ Max talks long and hard, in vernacular and at ease with the N-word. The result is street poetry at its most beguiling.

Giles Broadbent

■ The roads, meanwhile, are endless loops of McDonald's, Dennys and Walmarts like a modern day Flintstones cartoon.

Rob Virtue

Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

Our journalists adhere to the Editors Code of Practice, which sets the benchmark for high professional standards and is enforced by the Press Complaints Commission. If we do slip up, we promise to set the record straight on this page in a clear, no-nonsense manner.

To ask for an inaccuracy to be corrected, all you have to do is:

Phone 020 7293 3681

Email newsdesk@wharf.co.uk

Write to The Wharf, Trinity Mirror, One Canada Square, Canary Wharf, London E14 5AP.

■ The Press Complaints Commission (PCC) is the independent body which governs the newspaper industry. The Code of Practice and details of how to lodge a complaint are available from Halton House, 20/23 High Holborn, EC1N 2JD. Website www.pcc.org.uk or email complaints@pcc.org.uk. Telephone 020 7831 0022. Helpline: 0845 600 2757.

60 Second Wharf

NEWS

Bridge not raised

The Coalition's failure to mention a river crossing in its infrastructure plans has disappointed campaigners.

News • Page 4

Parakeets under fire

Despite high costs, low success and public anger, Defra is continuing to hunt Isle of Dogs parakeets.

News • Page 5

Cost of learning

Tower Hamlets Council is spending £1.26million to help students with the cost of university life.

News • Page 6

FEATURES

Looking to the stars

Playwright Siobhan Nicholas on why the history of astronomy would be incomplete without women.

What's On • Page 51

US Special

Food, fashion, health and travel, we hold no grudges and head Stateside for Independence Day inspiration.

Special • Pages 54-58

Back to the business

West Ham returned to the training ground this week with old and new faces looking to gel.

Sport • Page 63



P15

3 Parker House
Admirals Way
Canary Wharf
London
E14 9UQ



MITCHELL SIMMONDS SOLICITORS

Mediation | Arbitration | Litigation | Commercial
Employment | Family | Property | Business Immigration

Call us:
020 7719 9777

Visit our website:
www.mssolicitors.com

We should run these car enthusiasts out of town

EVENT

MP attacks tunnel runners but Essex Drifters defend right to gather

Rob.Virtue
@wharf.co.uk

Car enthusiasts have defended their right to hold tunnel runs in east London after an MP labelled them "reckless and inconsiderate".

Around 400 drivers from the Essex Drifters made their way through Tower Hamlets on Saturday night before congregating at the London Eye. They then returned via the Rotherhithe Tunnel.

The event caused MP Jim Fitzpatrick, a long-term critic of tunnel runs, to call on the police and councils to take action.

The Poplar and Limehouse MP said: "The reason these tunnel runs are back with a vengeance is they



Car enthusiasts congregate at the London Eye on Saturday

have had an easy ride. A dispersal zone is the only way to say 'not welcome' to these reckless and inconsiderate racers who use our borough as their own racetrack.

"Tunnel runs are taking over our boroughs' roads on Saturday nights, keeping residents up all night, causing a dangerous hazard on the road and this must stop."

A spokesman for Essex Drifters

said the group raised nearly £400 for charities through the event and denied any reckless driving or speeding took place.

He said the run went ahead with police permission and no concerns were raised on the evening. He defended the events as social get-togethers.

"Why do we do this?" he said. "Why do people go to the pubs of a

Friday and Saturday evening? We like meeting up.

"We work hard during the week and have a right to drive on the road. As much right as Jim Fitzpatrick.

"When we decided to do a London charity run it's unfortunate residents see it as a hindrance but I know many residents in east London and they've got no concerns about the noise."

He said the Essex Drifters was a serious organisation. "We know all about safety. Twice a year we do a gathering like this to help create awareness to charities and show people that we are not all boy racers," he added.

However, Tower Hamlets Council has backed Mr Fitzpatrick and called for close scrutiny of future tunnel runs.

Deputy Mayor Cllr Ohid Ahmed said: "Residents have raised concerns over events like this. We are listening and acting to ensure we manage and contain this hazardous situation."



MP Jim Fitzpatrick

Do you keep missing those mid-morning deliveries from Amazon?

Not when you rent at Stratford Halo. There's a dedicated 24-hour on-site concierge service that will look after deliveries, order taxis and even sort out your dry cleaning. Call us now to find out more

News

CHARITY

Reaping the harvest of hard work

VISITORS and staff at Demelza Hospice Care for Children in Sittingbourne can take advantage of a new Garden Of Tranquillity, funded and provided by the Canary Wharf Contractors team.

The garden was unveiled on Monday at an event hosted by DJ Chris Evans.

CWC raised over £500,000 in cash and donations from almost 70 of their sub-contractors and suppliers and took nine months to bring the project together.

Cormac MacCrann, of CWCL said: "It is terrific that we have been able to bring our collaborative approach to project delivery to build this garden."

"Demelza makes such a valuable difference to the lives of critically-ill young people and their families, which makes it extremely gratifying to have helped to improve the physical landscape of the hospice."



From left, Thomas Kelly of Canary Wharf Contractors, Chris Evans and son Noah, and Eric Zeevan of CWC

TRANSPORT

Failure to raise bridge frustrates link lobby

Rob.Virtue
@wharf.co.uk

BUSINESS leaders in east London have been left "disappointed" after Danny Alexander failed to acknowledge calls for more river crossings.

The Chief Secretary to the Treasury unveiled his Investing In Britain's Future Statement and many were hopeful of Government backing for a cross-river link.

However, neither the Silvertown Tunnel or the Gallions Reach Bridge were mentioned among planned road upgrades in the £100billion worth of transport investment announced last Thursday.

London Chamber of Commerce and Industry chief executive Colin Stanbridge said: "It is disappointing for businesses and residents in east London that the Chief Secretary to the Treasury failed to address the desperate need for a new bridge in east London as part of his announcement."

"Economic growth in east London will help drive growth across the city and it is vital that we get on and build the bridge in order to truly realise the potential of this part of the capital."

London Mayor Boris Johnson's favoured option is to build a tunnel between Silvertown and the Greenwich Peninsula.

Many feel he needs financial backing from the Government for a crossing at Gallions Reach as well.



Danny Alexander

Air Line marks birthday with e-ticket boost

THE Emirates Air Line marked its first anniversary with TfL trumpeting the transport link that has become a target of critics.

Mayor Boris Johnson unveiled a joint initiative with AEG Europe, which owns The O2, making e-tickets for the cable car and the Thames Clippers available online so people can book the services when arranging their visit to the venue.

He said: "The Emirates Air Line is doing exactly what it set out to do and supporting regeneration of an area with huge potential to provide new jobs and homes. The £1.5billion deal to transform Silvertown Quays in London's Royal Docks is a superb illustration of how providing new transport links like the cable car can be the perfect spur for economic growth."

Meanwhile, this week sees the launch of the Emirates Aviation Experience, next to the Greenwich terminal. It will provide an insight into commercial air travel.

Question mark over future of police station

POLITICS

Councillors dispute whether office will be open or closed

Rob.Virtue
@wharf.co.uk

A row has broken out over the future of the Isle of Dogs' only police station with an Independent councillor campaigning to save it while the Conservatives say its future is not under threat.

Under London Mayor Boris Johnson's latest plans, the station will act mainly as a response point and be open to the public three times a week.

However, Cllr Maium Miah, of Poplar and Limehouse, said the changes were effectively closing the facility limiting the public's ability to report crime.

"Services have been reduced to just three hours a week and even then if you want to see an officer or report a crime you have to have an appointment," he told *The Wharf*.

"Thanks to Boris Johnson's cuts there is a massive reduction in police services on the Island."

The Conservatives, meanwhile, argue police numbers have increased on the Island from this week while shift patterns have been extended to carry on until 3am on busy evenings, rather than the previous 10pm.

They are also critical of Cllr Miah's motion, heard at last Wednesday

evening's Tower Hamlets full council meeting, which said the station was "under threat".

And they are angered by the independent councillor's petition, which argues against "the closure of the police station".

Cllr Gloria Thienel said: "This is scare mongering of the worse kind."

"A few weeks ago a so called demonstration was held at the police station, following a rumour that it was to become a branch of Tesco."

"This caused real concern and Cllr Miah has failed to condemn this."

"Furthermore information about

Tower Hamlets Council has given a £5,000 grant to a Bangladeshi TV channel that was censored for carrying an advert for the mayor.

Conservative leader Peter Golds said: "Once again Lutfur Rahman is rewarding his favourite TV channel with public money."

future policing on the Island was regularly reported to the Blackwall and Cubitt Town and Millwall ward panels.

"Despite being a councillor, with a standing invitation to attend, Cllr Miah has been conspicuous by his absence at these panels."

In response, Cllr Miah denied knowledge of the Tesco rumour and said he was not scare mongering but fighting for "community's safety".

He added: "When Labour were in power the Tories campaigned for a 24/7 hours. What has changed now?"

ELEPHANT ROYALE
Royal Thai Cuisine

SUNDAY BUFFET (NOON - 4PM) £16.50
3 COURSE SET LUNCH £11.50
1 COURSE EXPRESS LUNCH £7.50

OPENING TIMES:-
MON - THURS: NOON - 3PM and 5.30PM - 10.30PM
FRI: NOON - 3PM and 5.30PM - 12PM
SATURDAY: NOON - 12PM SUNDAY: NOON - 10.00PM

RIVERFRONT VIEWS OPEN KITCHEN
LIVE MUSIC (WED - SAT) POLYNESIAN COCKTAIL BAR
AL FRESCO DINING PRIVATE CAR PARK

020 7987 7999
WWW.ELEPHANTROYALE.COM
Locke's Wharf, Westferry Rd,
E14 3WA
DLR - ISLAND GARDENS
Also at Gants Hill - Tel: 020 8550 8886

Defra still targeting parakeets

ENVIRONMENT

Rob.Virtue
@wharf.co.uk

A Government department is continuing with a parakeet culling programme costing £50,000 a year, despite only catching one of the birds on the Isle of Dogs in the last 12 months.

The Department for Environment, Food and Rural Affairs is holding a monk parakeet "eradication exercise" as it believes the birds threatens other wildlife.

But Island residents who support the community of exotic birds say the parakeets are harmless. The numbers of the South American immigrant have gone from 77 in the UK to 31 in the five years of Government action.

So far nearly £150,000 has been spent on the cull, which also targets west London and Borehamwood.

Campaigner Dr Christine Brock: "It is shocking that Defra is wasting taxpayers' money on such a pointless and futile exercise."

"It is not only causing the deaths

of these wonderful parakeets, it is also harming other wild birds as they get caught in the traps."

Campaigners are also concerned that of the 10 monk parakeets caught in the last year, four died in captivity.

Defra had asked Tower Hamlets for permission to shoot the birds. However, the council rejected this and said they must be caught alive and have no dependent young.

In response to the campaigners, a spokesman for the Animal Health and Veterinary Laboratories

Agency, which this year took over the operation on behalf of Defra, said: "Trained staff will use the most humane method appropriate. This will involve techniques such as trapping, shooting and nest removal. Birds will be re-homed whenever possible."

"With specific regard to the Isle of Dogs, one parakeet was captured last year with a view to being re-homed."

"Unfortunately the health of the bird began to deteriorate and the parakeet had to be humanely put down."

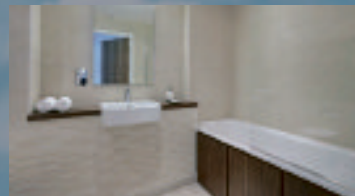
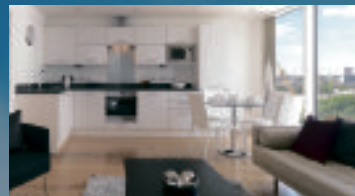


Is cooking your evening meal more of a disaster than a Delia?

You'll be cooking up a storm when you rent at Stratford Halo. Bosch and Indesit kitchen appliances come as part of our premium quality interior specification.

Our bathrooms feature Grohe fixtures and Laura Ashley tile accents within a boutique hotel inspired layout. While high quality wood engineered flooring runs throughout the main areas with fitted carpets in the bedrooms.

Call us now to find out more





News

PEOPLE

Award for champion of 'shut up and listen'



Emmajane accepts her award

AN HSBC employee has won an award for implementing a major culture change at the bank.

Emmajane Varley, head of employee communications at the Wharf-based bank, was the brainchild behind a new initiative which rebuilt trust through communication across the company.

She has won the People and Culture category for the Microsoft Dynamics Change Ambassadors Awards.

In 2011, Emmajane helped HSBC embark on one of the biggest reorganisations in its history.

Following a number of crisis, HSBC recognised that its employees lacked belief in their managers' decisions.

Emmajane was tasked to help rebuild trust by re-establishing a sense of community.

Emmajane said: "We called this the 'shut up and listen' project – it's about having a conversation on a human level.

"We wanted to create a level of trust between leaders and employees – which leads to staff feeling positive about the company they work for – for example when they read bad press they can look at it more objectively.

"Through times of crisis leaders need to be open, honest and show great leadership, listening to staff and telling them what their future looks like.

"The project involved implementing everything from team meetings where bosses had to shut up and listen to their staff with no limits to what is talked about to improving the quality of coffee in the canteen. The benefits are already being seen."



Bruce Springsteen commands the stage at Hard Rock Calling at the Queen Elizabeth Olympic Park

Springsteen was great, but how did the Olympic Park perform?

Kay Lockett checks out the new venue's credentials

Silhouetted against a stunning sunset, Bruce Springsteen owned the stage as Hard Rock Calling came to a close at Queen Elizabeth Olympic Park on Sunday.

The programme promised a late curfew but the legend of rock was done for the night by 10.15pm – much earlier than anticipated. It was a blessing in disguise as it meant we just managed to catch the last Tube home after a very long slog from the stage to the station.

Organisers tried to distract homeward bound fans by lighting up the Orbit and stadium so they didn't realise how many miles they had to schlep.

The site was well staffed but surprisingly TfL didn't put on extra or later services for the 40,000 plus people exiting Stratford.

It was reminiscent of the Olympic marathon of last year – a mass exodus of sweaty people racing to the station entrance.

Still looking like much of a building site, organisers made the genius decision to lay a square of AstroTurf for the main stage – the answer for a mud free festival.

Even with the Velodrome next to the main stage it was easy to forget what was there only a year ago – the park's transformation into a festival venue is taking shape.



But it just lacked the magic of a venue like Hyde Park. And the usual frustrating mile-long beer queues and extortionate prices came as standard.

The weekend drew in two very contrasting crowds. Saturday saw the younger Kasabian fans fighting in the mosh pit and bouncing to the hit-packed set.

Springsteen had his die hard cult fans out in droves – more of a family affair – tour t-shirts and *Born In The USA* tattoos.

A true showman and entertainer as well as an incredible songwriter, Springsteen waltzed with his 87-year-old mother on stage. There was a beautiful heartfelt acoustic rendition of a reworked *Born To Run* mixed with *Lucky Day*. He plucked a lucky girl from the audience and put her on his shoulders before handing over his microphone so she could sing the last line of *Waiting On A Sunny Day*. A three-hour masterclass in rock.

EDUCATION

£1.26m to help with the costs of university



Abdul Tahir, Di Warne, interim head of learning and achievement and Mayor Lutfur Rahman

THE Mayor of Tower Hamlets has committed £1.26million of public money to a new scheme to help ease the cost of university.

Under the Mayor's Higher Education Award, 400 students will each receive payments totalling £1,500.

At the launch of the scheme at Mulberry School for Girls, Mr Rahman said: "I am not prepared to allow the young people in this borough to be punished for a financial crisis they did not cause."

"Going to university is a fantastic experience and I want to ensure that financial constraints do not play a part in making a decision to go on to university."

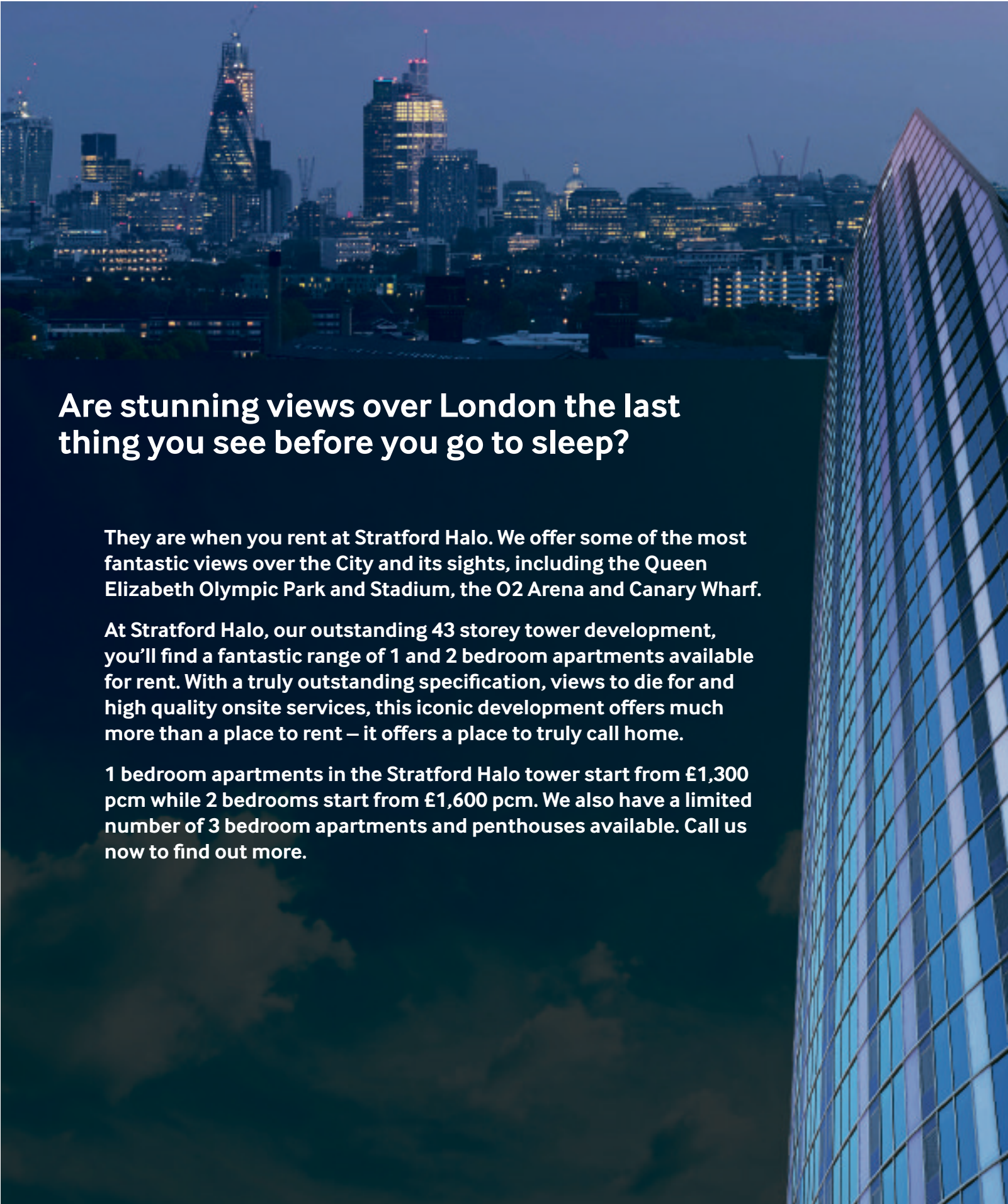
The scheme, which has the support of deputy prime minister Nick Clegg, aims to make university a more attainable prospect for poorer families as well as reducing the drop-out rate.

Abdul Tahir, 17, has just completed his A-levels in biology, mathematics and physics at St Paul's Way Trust School. He is hoping to study maths at Queen Mary University and if he gets the grades he needs he will be the first person from his family to go to university.

He said: "This award scheme is a great idea and it will really help students like myself who want to go onto university but don't want to get a part time job to support my studies.

"I want to be able to focus all my attention on my studies and make the most of my time at university."

Go to towerhamlets.gov.uk/higher.



Are stunning views over London the last thing you see before you go to sleep?

They are when you rent at Stratford Halo. We offer some of the most fantastic views over the City and its sights, including the Queen Elizabeth Olympic Park and Stadium, the O2 Arena and Canary Wharf.

At Stratford Halo, our outstanding 43 storey tower development, you'll find a fantastic range of 1 and 2 bedroom apartments available for rent. With a truly outstanding specification, views to die for and high quality onsite services, this iconic development offers much more than a place to rent – it offers a place to truly call home.

1 bedroom apartments in the Stratford Halo tower start from £1,300 pcm while 2 bedrooms start from £1,600 pcm. We also have a limited number of 3 bedroom apartments and penthouses available. Call us now to find out more.

News

EDL MARCH ENDS IN HANDCUFFS

Joint leader of the right wing EDL Kevin Carroll is arrested outside Aldgate East Tube station on Saturday. The leaders of the English Defence League, Tommy Robinson and Carroll had originally planned to march to Woolwich, near the site of Drummer Lee Rigby's murder, to raise money for a girl fighting against neuroblastoma but were warned against entering Tower Hamlets.



And, by the way, it's also pretty well connected

Oxford Circus
19 minutes

Bank
11 minutes

Liverpool Street
9 minutes



DIGEST

Blow for sugar refining jobs as EU rejects plea

DOCKLANDS Tate & Lyle plants in Silvertown face an uncertain future after the EU sided with European beet sugar producers.

Tate & Lyle, which imports sugar cane from the Caribbean, had lobbied intensively for fair treatment and said that hundreds of jobs were at risk.

But the EU deal will see European beet sugar producers freed from regulation in 2017 while cane refiners will remain "constrained".

Tate & Lyle Sugars president Ian Bacon said: "Beet competitors can look forward with certainty. In contrast cane refiners continue to be at the mercy of decisions taken by European Commission officials."



BA announces flights to Dusseldorf in autumn

DOCKLANDS Flights from London City Airport to the German city of Dusseldorf will begin in September, British Airways has announced.

The airline is running three services a day to the business and financial centre, using a 50-seat Saab 2000 aircraft.

Luke Hayhoe, British Airways general manager commercial at London City, said: "We have launched a number of new leisure routes from London City in the past couple of years.

"Now we are very excited to be going to a great business city like Dusseldorf which offers significant trade links with London."

Flights, costing from £79 each way, will depart from London at 6.35am, 1.15pm and 6pm on weekdays with the return service taking off at 7.35am, 2.25pm and 6.55pm. Go to [ba.com](#).

Cohen postpones O2 gig over clash with holy day

GREENWICH Musician Leonard Cohen has apologised for shifting his gig at The O2 after discovering it fell on a Jewish holy day.

The star has moved his Saturday, September 15, date to the Sunday because it clashed with Yom Kippur. A gig in Leeds has also been moved.

A statement from Cohen and promoter AEG said: "We at AEG, and Leonard, apologise deeply for the inconvenience this will cause, and we hope and trust that the reasons for the changes will be understood."

Meanwhile Rod Stewart's rescheduled June gig will take place next Thursday (July 11).





REUTERS

ANOTHER MEDAL FOR MO

Britain's double Olympic champion Mo Farah poses with his CBE medal, after being presented with it by Prince Charles during an investiture ceremony at Buckingham Palace on Friday. The Newham Beagle was in action on Sunday when he won the 5,000m in the Diamond League in Birmingham.

Sport / Page 63

Stansted Airport
65 minutes



stratford halo



University of
London
5 minutes

Paris
142 minutes

Stratford Station
10 minutes walk



Canary Wharf
11 minutes

London City
Airport
16 minutes

0800 988 8807

www.genesishahomes.org.uk/for-rent

DIGEST

TV gardener lined up to design border for park

GREENWICH Garden designer and TV presenter Chris Beardshaw is designing London's longest herbaceous border in Greenwich Park.

The Royal Parks stripped all plants from the border during last winter and sowed it with a wildflower mix, which is expected to flower during the summer while the new design is being finalised.

The star of *The Flying Gardener* said: "The location is hugely inspirational and as well as great horticultural significance there is also massive social significance for this particular Royal Park."



£10,000 to catch thieves stealing DLR surveyors

EAST LONDON A £10,000 reward has been offered to catch those responsible for the theft of 20 surveying machines close to DLR stations in Newham.

Early morning raids have taken place at construction sites near Pudding Mill Lane, Canning Town and Custom House DLR stations since September last year. The latest theft took place on Saturday night.

British Transport Police's Det Sgt Fintan Egan said: "These machines are used to monitor earth movements and are vital to the operation of passenger trains."

"Around 20 have been taken from DLR stations in Newham while construction work has been taking place."
Call Freephone 0800 40 50 40 quoting crime number B5 of 02/07/13.

Talks to defuse dangers of cycle obstacle course

TOWER HAMLETS Transport for London has announced it will meet Tower Hamlets Council officials to advise on a much-ridiculed cycle lane.

After cyclists expressed dismay at the poor planning, Tower Hamlets moved a ticket machine. However, its next attempt to reduce danger was to wrap the lamppost in caution tape, drawing further criticism.

Labour councillor for Weavers ward John Pierce said: "This saga just gets more farcical. We have the Tower Hamlets mayor proudly launching a cycle lane which is clearly not fit for purpose and puts cyclists at greater risk."





Welcome to De Vere Venues Canary Wharf



18 meeting and training rooms for up to 400 delegates

Free WiFi access throughout, LCD, plasma and audiovisual equipment available



Great break out space, the award winning Steam Bake & Grill restaurant and private dining rooms are also available



A dedicated team to ensure your event runs smoothly

Showtime rewards - collect points and turn them into vouchers or charity donations!



To find out more about hosting your event here call

0844 980 2327

or email

smerry@deverevenues.co.uk

Enquire/
Book your VIP show
round now and get
2 FREE
cinema tickets

No 1 Westferry Circus,
London, E14 4HD
www.deverevenues.co.uk

STILL TO COME **Free beer from the Truck Stop**



All-American favourites Lenny's top Troy story



arts & events
CANARY WHARF

JULY 2013 PROGRAMME OF EVENTS

OUTDOOR THEATRE SEASON
MONDAY 1, 8, 15 & 29 JULY / 6.30PM / JUBILEE PARK / FREE

CHILDREN'S THEATRE FESTIVAL
SUNDAY 7, 14, 21 & 28 JULY / TIMES VARY / JUBILEE PARK / FREE

RANDOM ACTS PRESENTED BY CITY OF LONDON FESTIVAL 2013
19 & 22 - 26 JULY / TIMES VARY / THROUGHOUT CANARY WHARF / FREE

BP BIG SCREENS LIVE FROM THE ROYAL OPERA HOUSE, COVENT GARDEN
7.30PM / CANADA SQUARE PARK / FREE

LA RONDINE THURSDAY 11 JULY **TOSCA** THURSDAY 18 JULY

TWILIGHT DELIGHTS
TUESDAY 16, 23 & 30 JULY / 7PM / CANADA SQUARE PARK / FREE

THE LUNCH MARKET
TUESDAY 30 JULY / 11AM - 3PM / WOOD WHARF / FREE TO VISIT

FOR MORE INFORMATION VISIT CANARYWHARF.COM
twitter @YOURCANARYWHARF

All details correct at time of press.

HOT **BIKRAM YOGA**
Canary Wharf **Now Open!**



INTRO OFFER!
20 DAYS* £30

GET TONED * DETOXYFY * LOSE WEIGHT

WWW.BIKRAMYOGALONDON.COM
020 7537 2002
OPEN 7 DAYS A WEEK!

Visit Website for Details

THIS SUMMER, THERE'S A SMALL CHANCE YOUR HOME'S FREEVIEW TV MIGHT BE DISRUPTED BY NEW MOBILE SIGNALS. IF IT IS, at800 WILL RESTORE IT QUICKLY AND EASILY.*

SO YOU CAN GET BACK TO WATCHING DRAMA RATHER THAN EXPERIENCING IT.

www.at800.tv

LET'S BE CLEAR **at800**

*Restrictions apply, see our Code of Service at www.at800.tv/cos. Applies to 4G at 800 MHz related disruption only.



Come & watch Wimbledon with us at our Alfresco bar

AMERIGO VESPUCCI



THE FUTURE IS CLEAR.
BRAND NEW TERRACE NEW ALFRESCO BAR, **RIVERSIDE LOCATION**, SERVING **ITALIAN TAPAS**, SPORTING **EVENTS ON TV**, **NOW OPEN ALL DAY FOR COFFEE AND PASTRIES**. IDEAL SUMMER VENUE

Amerigo Vespucci is one of the longest established independent restaurants on the Wharf, celebrating 17 Years serving Italian Cuisine as only true Italians do.

Follow us: @avitalian
 Like us: Amerigo-Vespucci
www.amerigovespucci.co.uk

Amerigo Vespucci,
 25 Cabot Square,
 Canary Wharf,
 London E14 4QA
 0207 513 0288



Health / Page 58

What's on

Sometimes talking is just not enough

INTERVIEW

Rob Virtue discovers Mark Thomas is still very angry

I was going to ask Mark Thomas if he is afraid of his enemies but there's no point. It's they who are afraid of him. Cantankerous? Often. Brave and ruthless? Very much so.

The 50-year-old, south London-born comedian and commentator is constantly on the attack. He makes his interviewers work.

That's probably because he prefers to ask questions rather than answer them. Or, more accurately, he usually shouts them through a megaphone while standing outside a corporation's head office.

So, Mark, what's your latest show *100 Acts Of Minor Dissent* about?

"Trust me it will be good," he said. And then a pause before adding: "It will be very interesting and people can join in."

A salesman he ain't. He prefers to let the product do the talking. As a political activist he's taken on everyone from Coca Cola to MP Nicholas Soames.

Lately, among his "100 acts" was a protest outside the Apple store at Regent Street, over tax payments – or lack of them.

"Everyone had fun and we made a point," he said. "It's interesting it got such wide

coverage. As well as UK press, like the *Telegraph*, you had radio shows in Boston calling up.

"People are really angry about tax dodgers and more existentially about where they base their affairs.

"It's not about stopping people from buying Apple products. I really like its stuff.

I'm a fan. I'm just pissed off it doesn't pay a proper tax contribution.

"Most of us ignore it and walk past but sometimes you can't do that and have to say 'bloody Apple'."

Another bone of contention for Mark – although apparently not a target in *100 Acts* – is Canary Wharf. So much so that the left-wing comedian doesn't know where to start when the subject is raised.

"What, in particular, do you want me to say about Canary Wharf?" he said, teasingly.

"The nature of neo-liberal capitalists, the startling geography of the area or the

“What, in particular, do you want me to say about Canary Wharf?”



D.A.P. PRESENTS
The Rolling Dices
 IN A
LADIES SHOW
 LIKE NO OTHER

MIND BLOWING ENTERTAINMENT, FUN AND SUPPRISES
 IN A NIGHT YOU WILL NEVER FORGET!

COME PARTY WITH US!!!
THURSDAY 11TH JULY 2013

£8 FOR THE FIRST 20 CALLERS
 THEN £10 AFTER FOR ONLINE & PHONE CALL TICKETS.

THEN £12 AT THE DOOR FOR LADIES TILL 10PM AND £5 AFTER.
 FOR THE GUYS ITS £7 THROUGHOUT THE NIGHT.

BUBBLY RECEPTION FROM 8PM-9PM SHOW STARTS AT 9PM-10PM DJ TILL LATER

VIA PLEASE CALL 0207 515 0549 or EMAIL via-events@tcg-uk.com



NEW
Happy Hour
3PM - 6PM

PINTS FROM £2.55 | HOUSE WINE £7.00
2 COCKTAILS £8.95 | BUCKETS OF BEER £15.00
DOUBLE UP DEALS ON SELECTED SPIRITS

FREE BOTTLE OF PROSECCO & PLATTER
FOR LARGE PARTY BOOKINGS

TO RESERVE AN AREA OR SPACE FOR HAPPY HOUR
 PLEASE CONTACT OUR FRIENDLY EVENTS TEAM ON 0207 515 0549
 OR EMAIL TO VIA-EVENTS@TCG-UK.COM

WWW.VIABARS.CO.UK

VIA



STILL TO COME

Lee Hurst on comedy, fury, principles and YouTube

Page 14

Mark Thomas:
Dismantling
the corporate
facade



confusing aspect of a corporate and public space?" Before, like a volcano he can't resist erupting.

"What I do think is absolutely ridiculous is the idea of a journalist needing permits to take film and photos there," he said.

"I've been there as a journalist and I've just filmed away."

He's on a roll but is soon defensive when asked about him and, in particular, his absence from the TV screens.

The Mark Thomas Comedy Product – angry jokes mixed with political activism – was on Channel 4 from 1996 until 2002 when there was a mutual decision to axe it. Does he miss it?

"It was 10 years ago," he says, with the tone of a man who has answered that question before.

"Since doing that I've written four books, won loads of awards, toured the country and I'm a very happy man. I do projects walking the length of the Israeli separation border and I'm happy doing this. But do I miss TV? It's really, really hard work.

"We put out some great shows and some crap ones and I try to focus on the good ones and ignore the crap ones.

"Every job has compromises but on that one there were too many levels of compromise."

Expect no compromise in Mark's latest show. It will be interesting.

He will be performing at the Canada Water Culture Space on Wednesday, July 17, at 7.30pm as part of a host of comedians previewing their Edinburgh material at the venue.

Seann Walsh and Marlon Davis appear on July 13; Vikki Stone and Luke Graves on July 26, and Josh Widdicombe stars on July 27. Go to thealbany.org.uk for more information.

EXHIBITION

Mingling of influences captured in ceramics

Carved in clay and stone, some cast in bronze, Halima Cassell's sculpture and sculptural ceramics reflect her Islamic heritage in contemporary terms.

Halima was born in Pakistan in 1975 but grew up in Manchester and brings her ceramics to the foyer of One Canada Square from Blackburn. The influence of the native arts and craft movements have also influenced her more mature work.

Her ceramic pieces are largely circular vessels, shaped with solidity and carved both inside and underneath.

The natural colours of the clays she uses convey her lack of artifice and show the textures of the earth from smooth to the most granular of materials. Her ceramics are fired without glazes.

Curator Ann Elliott said: "Since 2010 Halima Cassell has been making a series of vessels of similar dimensions using clays from different countries around the world.

"For this exhibition at Canary Wharf she has added seven to their



number to make a total of 30. Each is a different colour, a different texture, and they are displayed in linear colour sequence from almost white to dark grey."

Curator Ann Elliott will be holding an exhibition tour on July 30 at 1.15pm with the artist commenting on her works. Email visualart@canarywharf.com to reserve a place.

Until August 30, FREE, mycanarywharf.com.



Now Open!

Wide range of authentic North & South India dishes



Manjal
Indian Cuisine

3 Turnberry Quay, Pepper Street, Canary Wharf, London, E14 9RD
Tel: 020 7538 1140 | info@manjalrestaurant.com
[facebook.com/ManjalLondon](https://www.facebook.com/ManjalLondon) | twitter.com/ManjalLondon
www.manjalrestaurant.com



LONDON'S PREMIERE GENTLEMEN'S CLUB

Join us in our discreet, luxurious Art Deco club in South Quay, 100 yards from London's vibrant financial district, Canary Wharf.

NEW OPENING HOURS 8pm-5am

PROMOTIONS

- EVERY MONDAY 'THE THREE TENNERS'
- EVERY TUESDAY 'PLAYERS PACKAGE' SPECIAL PRICE £50.00 (normal price £80.00)
- EVERY WEDNESDAY 'LINGERIE NIGHT'
- EVERY THURSDAY 'WHARF FRIDAY'
- EVERY FRIDAY 'WEEKEND PARTY TIME'

Find us on Google Maps



For more information and directions visit the new Majingos website www.majingos.net
e: linda@majingos.net t: 0207 531 6060 (Call between 10am-3pm)
m: 07890 207642 (Call between 3pm-3am) 187 Marsh Wall | South Quay | London E14 9SH

What's on

Diary Dates

Stage Chiwetel heralds African freedom



★ Joe Wright (*Atonement*, *Pride And Prejudice*) directs Olivier Award winner Chiwetel Ejiofor, pictured, in the UK premiere of *A Season In The Congo*, a retelling of a nation's turbulent first year of freedom at the Young Vic.

Filled with music and dance, the drama charts the rise and fall of leader Patrice Lumumba, whose determination to free his people from Belgian rule inspired courage and betrayal. From Jul 6, youngvic.org.

Comedy Big names get in the rehearsal

★ Tuesday sees the first of a series of comedy double bills at Waterloo East Theatre, with top names sharpening their punchlines ahead of the Edinburgh fringe.

First up are Marcus Brigstocke and Marlon Davies and look out for Josh Widdicombe and Seann Walsh on future Tuesdays. July 9, waterlooeast.co.uk.



Gig Mumfords play their biggest gig



★ Mumford & Sons will play their biggest gig to date at Queen Elizabeth Olympic Park on Saturday as part of their *Summer Stampede* series.

The band will headline the outdoor event backed by a hand-picked line-up featuring Vampire Weekend, Ben Howard, Edward Sharpe & The Magnetic Zeros, HAIM, and Bear's Den. Jul 6, noordinarypark.co.uk.

Hurst ready to raise the curtain on next stage in his career

INTERVIEW

Trial and tribulations haven't dimmed the East End comedian's appetite for laughs

Rob Virtue
@wharf.co.uk

For many, comedian Lee Hurst is still remembered as the hilarious bald man who was the thorn in David Gower's side in BBC's sports quiz *They Think It's All Over*.

But then, at the peak of his fame in the '90s, it all went quiet. The broadcaster blamed a life-long back illness for Lee's sudden departure from the panel but the comedian had a different reason and one that would be of benefit to east London.

The fact is, he never really wanted to be famous.

"I was still selling out gigs in 2011 off the back of that and I'd left the show in 1998," Lee told *The Wharf*.

"But the reason I did it was to get the money to afford my own club, which was all I ever wanted.

"TV was just another gig and wasn't the be all and end all. Now people want to be famous but I just wanted to be a stand-up."

So while *They Think It's All Over* carried on until 2006 sans Lee, the people of east London were treated to him and a host of other comedians at his dream made manifest – a comedy club.

The Backyard Comedy Club – later FymFygBar – was eventually closed as Travelodge bought the site at Bethnal Green.

But the hotel chain gave Lee the ground floor, allowing him to rebuild

Backyard Comedy Club in a purpose-built 300-seat venue.

A flooding incident delayed its opening but now it's raring to go.

Lee is delighted with the arena and this weekend makes a return to stand-up with a host of big shows to follow.

But apart from the show, Lee's second foray into popular acclaim – or notoriety – is as a man of outburst and anger.

I broach with trepidation talk of the court conviction for criminal damage and a YouTube clip of him berating Thames Water officials over their plans to build on Wapping's King Edward Memorial Park.

I gingerly poke the elephant in

W What about that phone incident?

"I grabbed it off him and threw it on the floor. It smashed to pieces and I thought 'wow, I didn't expect that to happen'."

the room: Do you wish you hadn't smashed the audience member's phone when he was filming you on stage in Guildford?

"Not at all," he says, of the incident nearly five years ago which cost him £200 in costs and damages. "I find it incredibly rude when people use mobile phones like that."

"In fact I don't go to the cinema any more because of it. Last time I went I nearly had a fight with two blokes because they were using mobile phones."

Don't you use a phone? "I don't even have a mobile," he says. "I hate them. It's got drawbacks though. I do gigs and then get home and log into Twitter and see that people have been



Lee with the rest of the *They Think It's All Over* regulars in 1997

BBC

KAY LOCKETT

Comedian Lee Hurst, who lives in Limehouse, is preparing for the next chapter in his career with the reopening of his comedy club Below, Lee leaves Guildford Magistrates Court in 2007

And they left it. I was on the run for three months – although I had my feet up, watching television.”

Eventually they came for him and the case went to Guildford Magistrates Court where Lee pleaded guilty to criminal damage. But he doesn't regret fighting for the rights of his fellow comedian.

“It's stealing your material,” said Lee, who lives in Limehouse. “Financially it's not such an issue for me but for a new act it can be devastating.

“It's rife. Bill Bailey rang me up after the case and said his DVD has been put on YouTube and has over one million views. If just one per cent of those decided not to buy the DVD on the back of that then that's still 10,000 lost sales.

“And the first thing a comic does when they see material stolen like this is think ‘I might as well quit’. Some may well do as a result.

“You have one hit on a gag and this just ruins it. You do a joke on stage and people have seen it.”

He's an affable comedian, one of the nicest men on the circuit, but the



East Ender is also a principled and outspoken figure when the time calls for it.

Back in the '80s and '90s he fought staunchly for the Liverpool dockers – his father and grandfather were dockers in London – and, recently, there's the footage of him confronting Thames Water executives over the company's controversial plans to build over the Wapping park

“I like walking through that park with my dog so I had to go to the meeting,” he said. “And I couldn't hold back from speaking because the Thames Water guy was speaking absolute rubbish.

“As for the campaign to save the park, I'm happy to put my name to it but there's a whole group of people who do all the work.”

Another famous backer of the group is fellow Limehouse-resident Dame Helen Mirren.

“It's good to have something in common with Helen Mirren,” he says. And then he adds with a chuckle: “And you remember when she had a go at those drummers? Maybe we've got more in common.”

Lee's performing at Bethnal Green's Backyard Comedy Club on Saturday, July 6. Go to backyardbar.co.uk.

Finding yourself hidden in the stars

STAGE

Stella

Greenwich Theatre

We can precisely map our position in the universe but struggle to find our place in the world,” says Siobhán Nicholas, writer of *Stella*, a play about women and astronomy.

Shortlisted for the Brighton Fringe/New Writing South Best New Play Award, *Stella* comes to Greenwich Theatre, a borough Siobhán feels is fitting.

She said: “The Royal Observatory makes Greenwich the home of astronomy and we also love the theatre – they are our co-producers and this will be the fourth time that we have performed there.”

The play looks at time and space. Two women astronomers, Jessica Bell from the 21st century and Caroline Herschel from the 18th century look up at the same night sky and find themselves colliding in their search for understanding. Caroline longs for a family and home of her own while Jess contemplates losing both.

Siobhán has been a writer and performer since 1983, and has worked as a professional playwright for just over 10 years.

The inspiration for *Stella* came from astrophysicist Jocelyn Bell Burnell and her phrase: “We are all made of star stuff.”

Siobhán said: “The inspiration for any play comes first before the ideas or any intellectual process kicks in and that can come from a person or phrase or poem or just the tiniest moment.

“One page in a book inspired me to write about physicist and astronomer Robert Hooke, the hairs stood up on the back of my neck and I knew in that moment even the actor I would ask to play him.



Siobhán Nicholas, writer of *Stella*, which is shortlisted for an award

W What is the essence of your writing?

“Plays have to be character driven and drama lies in human collisions, individual wants and responses.”

“Plays have to be character driven and drama lies in human collisions, individual wants and emotional responses. And then of course there's structure – how you tell that story.”

Stella has an underlying and very modern message too. The writer suggests that not much has intrinsically changed for women over the years.

“We need men. I am happily married but I believe that we women have still a long way to go before we can truly say we have

equality in the world – that we have our place in the world.

“A respected woman astronomer, a member of the Royal Astronomical Society came to the show. She loved it and she told me a story that is pertinent to the play.

“She intended to write a book about women astronomers but when she mentioned this to a friend, a certain older male astronomer, said: ‘Oh well that won't be a very long book then’.

“There are and have been many wonderful hard working female astronomers, just because we have not heard of them doesn't mean that they don't exist.

“I really hope that you will be entertained and moved and still be thinking about the play on the way home.”

Kay Lockett
July 11-13, £15,
greenwichtheatre.org.uk.

asking me to give them a shout out on stage but I never see it till it's too late.”

So what of that infamous incident? Was it blown out of proportion? Apparently not.

“He says he was texting but I knew he was filming me,” he said. “So I walked towards him and he said ‘oh s***’. If that's not an admission of guilt I don't know what is!

“So I grabbed it off him and threw it on the floor. It smashed to pieces and I thought ‘wow, I didn't expect that to happen’.”

What followed was a police investigation where Lee refused requests to come in for an interview.

“I said ‘no way’. Come and get me.



WIN
dinner,
movie
and a
goodie
bag

Page 61

Carrot Cars



0207 005 0557

Card terminal in every car!

bookings@carrotcars.co.uk
Book online: www.carrotcars.co.uk

Book online: www.carrotcars.co.uk

Cheap, clean, reliable minicabs

Card terminal in every car!

bookings@carrotcars.co.uk
Book online: www.carrotcars.co.uk

Book online: www.carrotcars.co.uk



What's On

Giant Lenny raises the bar

STAGE

Fences

Duchess Theatre

Lenny Henry is immense. His physicality has been a feature of our screens for decades. Could this fierce giant of a man subsume Troy Maxson or would this sprawling and complex protagonist of August Wilson's Pulitzer Prize winning play eat Lenny alive?

The duel was over quickly – Troy wins big and early – and for the rest of Paulette Randall's revival we are fully in the company of a Pittsburgh garbage man whose dreams of baseball superstardom were curtailed by racism.

Max talks long and hard, in vernacular, in anecdote and at ease with the N-word. The result is street poetry at its most beguiling which, like the Blues score that underpins the drama, makes pretty some uncomfortable truths about '50s America.

Whether Max's mission to visit those lessons on his offspring are founded in duty or bitterness or part of an inevitable cycle of conditioning is the question under examination.

Lenny Henry's confidence matches



Lenny Henry as 53-year-old Troy Maxson, the imposing patriarch

his ability for Troy is a gargantuan part, created by James Earl Jones in 1987, and required gymnastic turns of charm, brutality, tears and cheers.

Even towards the end, when we have witnessed the full spectrum of Troy's bullying and selfishness, it is not entirely clear whether he's hero or villain.

His son Cory (Ashley Zhangazha) embodies that dilemma. He is courted

by a football scout but Troy, scarred by his own thwarted ambitions, sees to it that his son is undone even though the times are marginally more enlightened and the prospects better.

"Why don't you like me?", asks Cory before learning the truth – Max provides a roof and food but "I don't have to like ya".

So Cory has full cause to perpetuate the Oedipal hatreds but can never

entirely escape his father's emotional tug. Same too of Rose, the wife who commits more to the marriage than the man when his betrayal arrives at their small, dusty plot.

All credit to the cast. Tanye Moodie as soft-spoken Rose matches Henry for playfulness and fury while Colin McFarlane as his drinking buddy Jim Bono is a wonderfully rich and responsive audience for Max's tales (and an unusual moral milestone against which to mark Max's drift).

All is not entirely well with the play. The role of Max's war-wounded brother is silly and superfluous (and, incidentally, extends the climax beyond its satisfying peak) while the work itself is perhaps less nuanced than it thinks it is.

Nevertheless, this is still an involving, nourishing and lyrical piece and, pleasingly, Lenny Henry is more than a match for its whims and wiles.

Giles Broadbent

Until Sept 14, nimaxtheatres.com.

Our verdict

Lenny Henry fully occupies the giant form of patriarch Troy Maxson

★★★★☆

Punchdrunk left me out for count

STAGE

The Drowned Man

31 London Street

After a six-year absence, veteran experimental theatre company Punchdrunk Theatre have returned, to great fanfare.

The company's new production is an ambitious sortie into the world of thwarted ambition, cruel rivalry and corrupted sexuality that low-budget theatre types often associate with gilded Hollywood counterparts.

The four floors of the venue – a disused sorting office near Paddington station – are crammed with vividly



Actor Timothy Block

realised film sets and backstage areas where the cast attempt to convey the story through a loosely connected series of often disturbing set-pieces.

People call this sort of thing "immersive theatre".

Now, I wouldn't really call *The Drowned Man* "immersive".

The process of walking wearily from room to room with other disorientated and mute onlookers while waiting for something good to happen creates a great distance between you and the performers, by the rather old-school means of simply placing you far apart for long periods.

Nor would I really call it "theatre". The set-pieces are all well-staged and performed with discipline and grace, but one could potentially spend the three-hour running time missing every important scene.

So, it's not immersive and it's not theatre. But is it good? Well, I wouldn't really call it that either.

Edward Hamer

Until Dec 31, nationaltheatre.org.uk.

Our verdict

Traipsing around a building is not good theatre

★★★☆☆

SCREEN



Now You See Me

(12A) 115mins

★★★★☆

Nothing is what it seems in Louis Letterier's game of cat and mouse between four crowd-pleasing Las Vegas robber illusionists and the FBI.

Every narrative twist could be a double-bluff, every failure a diversion and every flirtation a calculated exercise in audience manipulation.

Alas, when it comes to the grand final illusion which takes up most of the second hour, Letterier doesn't play fair. He untethers the plot from plausibility and logic, allowing everything to teeter risibly on coincidence, physical improbability and outrageous good fortune.



The Internship

(12A) 119mins

★★★★☆

The Wedding Crashers meet Google in this predictable but charming romp starring buddies Vince Vaughn and Owen Wilson.

Arriving on the west coast, Billy and Nick discover they will be pitted against dozens of other applicants in team-based challenges that will weed out the mental wheat from the chaff for a spot at the digital giant. Sickly sentimentality stresses the plot but there's good chemistry between the leads.

Win a goodie bag / Page 61



The Bling Ring

(15) 90mins

★★★★☆

The Bling Ring dramatises the outlandish true story of a group of bored, celebrity-obsessed teenagers, who broke into the houses of the rich and fabulous to pilfer their designer couture.

Writer-director Sofia Coppola creates a film that is just as plastic and emotionally hollow as the protagonists with the attention going to Emma Watson as one of the fashion conscious teens, Nicki.



www.henryscafebar.co.uk

NEED TO BOOK A FREE AREA OR VENUE FOR YOUR PARTY?

FROM INFORMAL GATHERINGS
TO LARGE CORPORATE EVENTS!

COMPLIMENTARY
£20 BAR TAB
FOR BOOKINGS
OF 20 PEOPLE
OR MORE

20% OFF
PRE-ORDERED
BOTTLED DRINKS
& PLATTERS

HENRY'S WEST INDIA QUAY, UNIT C,
16 HERTSMERE ROAD, WEST INDIA QUAY E14 4AX

TO DISCUSS YOUR PARTY CALL OUR
FRIENDLY EVENTS TEAM ON 0207 515 8361

Notebook

Ticks all round as my boy finds his inner-superhero

At first I thought it was simply a cut on the back of Master A. I wondered how he had come by it but didn't think very much beyond that. My boy getting strange wounds is par for the course.

The next day, while bathing him, the mark seemed bigger, redder, a little swollen even, so it deserved closer inspection.

My first reaction, the inner kid still ever present in me, was to want to run away and vomit. Then the protective, practical mum part of me kicked in.

Right, how best to deal with it? The "it"? A tick, happily buried in Master A's skinny little back, getting pumped up on his blood.

My grandparents had a small holding when I was growing up, often their pet dogs and cats would pick up ticks from the long grass, so I was familiar with these ghastly blood guzzling little critters. How on earth Master A managed to play mein host to one, living in the city as we do, though is beyond me.

The priority was to get the insect out. I rooted through my make-up bag for a

WORKING MUM



TABITHA
RONSON

pair of tweezers. Fortunately, as a woman forever tweezing and plucking excess facial hair, I had plenty from which to choose.

Then it was how I was going to break the news to Master A he had a parasite, head firmly buried in his skin, feasting on his fluids.

"A tick! ... What's a tick? ... Cool! ... Can I see it? ... Does this mean I'm going to be like Spiderman and have special powers? ... I'm going to tell them all at school I'm Tickman! ... This is so cool!"

It went better than I had imagined.

My boy was living out his dream of superhero powers bestowed on him by an insect.

After psyching myself up, and performing with the skill of a surgeon at Papworth, I prised out the poppy-seed-sized interloper – head in tact.

Yesterday, Master A proudly took the tick (dead, of course) into school with him for his weekly "Show and Tell" session. I understand all his classmates now want one.

Working Mum, still marvelling at the joys of being a parent.

POLITICAL VIEWPOINT

By Lutfur Rahman

Councils take a massive hit from Osborne

Chancellor George Osborne's Spending Review has shifted much of the burden for the national, economic black hole on to local government.

The cuts he announced last week are massive. They will require the average council to find a further £30million of savings in 2015. Ordinary people are going to continue to pay the price for the recklessness and greed of others, not only through a continued decline in the standard of living but also through a reduction in services.

Here in Tower Hamlets, I am proud of the fact that we have so far managed to shelter residents from the worst that this Government has so far inflicted upon local people.



It would be a great step forward if we could pull together

We have done so because ours is a well-managed authority and over the years we have built up contingency reserves for times such as these. But with the Government committed to cutting spending by some £11billion in 2015-16, it will become increasingly difficult for us to continue to do what we know to be right.

It would be a great step forward if locally we could pull together, united against the cuts.

It would be good to learn for instance that Greater London Assembly member John Biggs, who also wants to be Mayor, would join me in demanding that Shadow Chancellor Ed Balls changes his mind, and says that he doesn't now support a cap on welfare spending – including the state pension – and won't stick to Tory spending plans if Labour wins the next election.

Executive mayor,
Tower Hamlets
Council



Wharfinger The long view



1999 The filming of Bond film *The World Is Not Enough* in May 1999 at Tobacco Dock. The Q-boat flies within feet of two film extras across Wapping Lane.

1963 The Junction of Plumstead Road and Invermore Place, Woolwich, where the road subsided under a lorry and left a crater large enough to swallow a bus.

THIS WEEK IN... 1858

A joint presentation was made to the Linnean Society on London on evolution by Charles Darwin and Alfred Russel Wallace. However, Darwin's son had died of scarlet fever and he was too distraught to attend.



High Five Outdoor toys for kids

Be ready to let your kids make the most of it with these top garden-friendly toys.



Jumbo Bananagrams, £54.99 144 Supersized tiles allows for word games on the beach



Air Storm Z-Curve Launcher, £19.99 Old school bow and arrow action. 40ft of fun.



Springfree Trampoline, £750 Rust-free so assemble quickly and leave outside



Nerf N-Strike Elite Roughcut, £19.99 40ft of foam dart double shooting action



Dangerous Den Kit, £98 Collection of camping gear for outdoor adventures

Snapshot

Trends, stats & surveys

52%



of parents give their teenage children additional driving lessons, passing on their bad habits

53%

of parents said it made them nervous

44%

of L-drivers said it made them nervous too

FLAVOURS

Food flavour can be affected by the colour, weight and shape of the cutlery, Oxford University researchers have found.

White yoghurt was rated sweeter than pink yoghurt from a white spoon

A blue spoon made pink yoghurt taste saltier than white yoghurt.

Yoghurt tasted richer from a light plastic spoon than from a weighted heavier one.

Cheese tasted saltier when offered on a knife instead of a spoon, fork or toothpick



PAY DAY LOANS



In 2008, the Office Of Fair Trading estimated the payday lending sector to be worth **£900million**. It has more than doubled to **£2billion**.

According to the Consumer Finance Association, **50%** of payday loan borrowers have a wage of more than **£19,200** and **75%** earn more than **£15,000**.

Consumer group Which? said that **25%** of payday loan borrowers are using loans to plug other debts.

Citizens Advice said that cases it has seen include lending to people who were aged under 18, had mental health issues or were drunk when they took out the loan.

Sources: Admiral; Oxford University; Which; Consumer Finance Association; OFT; Citizens Advice

Food

Taste Spanish culture at the heart of bar

ENTERTAINMENT

Beth Allcock
@wharf.co.uk

If you're enjoying a Saturday stroll near Canary Riverside, the clapping of hands and the sounds of Spain may well interrupt your thoughts.

And, as you investigate further, you'll find splashes of colour, sensual singing and fancy footwork coming from Camino's bar.

This disturbance marks the beginning of the restaurant's summer Flamenco programme under the guidance of Juan Ramirez.

While the artistic director of Viva Flamenco will be leading the music on his authentic acoustic, his team will be putting on two displays to showcase the beauty of the dancing tradition, which has its roots in the Andalusia region.

Wharfers will also have the chance to take centre stage and strut their stuff to the Mediterranean beat.

"I don't think there's anything quite like Flamenco," said Juan, who was introduced to the dance form by a friend of his father. "It appeals to everyone because of all the different rhythms, timings and sounds."

"Flamenco dancing encompasses the spectrum of emotions of Andalusians through their love and their work."

"Everything to do with their life is expressed through the medium of



Juan Ramirez performs at Camino

Flamenco. It has got three main elements – the singing, the dancing and the guitar, and the most important element is the singing. A lot of people don't realise that.

"Most of the dancing is based around this cante and it's one of the few dance forms in the world where the music follows the dance. It's a wonderful art form."

After Juan and his team take the limelight for their two, 30-minute sets on alternate Saturdays, it's the turn of those enjoying an evening in the bar to put down their drinks for a dance.

He said: "It's just for fun. The shows we do are light-hearted."

"We involve the audience to get them up and show them some very, very basic steps and have fun. It's audience participation. When people experience a live show as opposed to background music there is no comparison – they become involved."

"I do a good show, I know what works as I have been doing this for a long time. I use good professionals that can connect with their audience. And we have done a couple of shows here."

"We feel very much at home because of the wonderful Spanish ambience, and it's such a lovely setting on the river."

Sessions start at 7pm and will run on July 6 and 20.

Go to camino.uk.com.

Get American flavours right here on the Wharf

American flavours might be tricky to find but they are present on the estate, writes **Jon Massey**

Despite frequent comparisons to the towering skyscrapers that dominate the cities on the less fashionable side of the Atlantic, the flavours of America are not as dominant a force on the Wharf as its architecture might lead the unwary to believe.

That's not to say Wharfers keen to celebrate Independence Day by tickling their tastebuds with Stateside-style snacks should abandon hope. Whether it's breakfast, lunch or dinner there are plenty of outlets that will provide an American fix.

BURGER

Byron Burger

Cabot Place East, byronhamburgers.com

The name may be as English as can be and the beef contained in this upmarket outlet's patties is proudly Scottish but the chain's heritage is pure US of A.

Founder Tom Byng spent four years eating more or less nothing but hamburgers (German in origin, of course) and decided the UK needed a chain that could rival the best in America.

Try the cheese burger with Monterey Jack, red onion and mayo for £7.95/\$12.05.



DOG

The Gourmet Hotdog Company

Reuters Plaza, thegourmethotdogcompany.co.uk

The second American-themed venture on the Wharf by entrepreneur Mark Yates (he was behind Fatboys Diner, now located in Trinity



The Manhattan Bar and Grill on West India quay is the place to get a mixed drink

Buoy Wharf) this chain offers a healthy iteration of the ultimate American street food.

Arguably outshone by its international competition in the Plaza, it's nevertheless about the only place to get a dog.

Try the Chicago with sauerkraut and gherkins and mustard for a price-busting £3.95/\$5.99.

STEAK

Goodman Steakhouse

South Quay, goodmanrestaurants.com

Owned by Russians and with an English front of house boss this micro-chain bills itself as prime New York.

And of all the places listed here, it's probably the most convincing. Presentation, sides (think mac'n'cheese) and the cuts are all decidedly yank.



There's also a best-in-area American wine list featuring a wide variety of sought after Californian tipples. They even have a couple of bottles of Screaming Eagle (around £2,000 a bottle).

Try the New York Sirloin (350g) for a stonking £30/\$45.49. It's worth it.

COCKTAIL

Manhattan Bar and Grill

West India Quay, marriott.co.uk

It might be a hotel bar but this calm, cool bar is probably one of the most serene places to head for a Bud after a long day on the Wharf.

Whether it's a classic gin martini, a screwdriver, a Whiskey Collins or a Harvey Wallbanger, the capable bar staff should be able to whip something up.

There's also a strong possibility that you'll encounter real Americans staying in the hotel and, if you're a sports fan, it's a great place to watch baseball, basketball and the NFL – just ask them to flick the channel.

Expect to pay around £9/\$13.65 for an expertly mixed drink.

Trucks stop off at Wharf

A convoy of American trucks toured the Wharf last week ahead of the Truck Stop event at Wood Wharf on tonight and tomorrow (Thursday and Friday).

Seven colourful food trucks drove around the estate, led by a loud orange vintage Dodge.

Celebrating Independence Day, the all-American event will see food trucks, a craft beer bar, roadside diner, a Camden Town Brewery keg party with a Rotary Smoke barbecue pit, a taco shack, a secret Gin Bar and the Rotary cocktail bar on the waterfront at Wood Wharf.

Advance tickets for Truck Stop cost £10 that you trade in for 10 Truck Stop Dollars that you can spend at any of the cocktail and craft beer bars. On the door tickets cost £15 (subject to availability). Go to truckstoplondon.com.



The vintage vehicles cruise through Canary Wharf

FREE BEER

Celebrate July 4 with a free bottle of USA Hells craft lager from Camden Town Brewery.

The Wharf has teamed up with Truck Stop to offer each reader a free beer on presentation of this voucher.

To claim your free bottle just head to the brewery's Craft Beer Bar on Wood Wharf.

The voucher is only valid at Truck Stop in Wood Wharf on July 4 and 5. Entry (£10) is not included in this offer.



FURTHER AFIELD

★ Owned by American Frank Dowling (a former cement mixer who helped construct Canary Wharf), the Inc Group's American Sports Bar and Grill at The O2 offers tastes of the States with a sporting feel.

With terms like Jumbo, Tex Mex and All-American sprinkled liberally over the menu this is the perfect place to indulge a love for saturated fats.

American beers dominate, but the barmen can also manage a mean cocktail. This is a place best visited when you're in the mood for a bombastic evening, light on depth and heavy on the stars and stripes.

Go to americanbarandgrill.co.uk.

★ Westminster restaurant MASH is celebrating Independence Day with a complimentary Manhattan cocktail for American citizens who present their passports at the bar.

The steak venue in Piccadilly is also marking lone diners' "independence" by offering them a free cocktail as part of today's festivities.

MASH is a Danish steakhouse inspired by America. It is located in what it describes as an architecturally stunning building, where it offers Danish, Uruguayan and American steaks. It also hosts a US focused wine list. MASH opened in November.

Go to mashsteak.com.

★ Head even further away from America, east up the Thames and discover a true taste of the States.

Fatboys Diner at Trinity Buoy Wharf serves up a wide selection of US fare including Fatburgers, all-American breakfasts, omelettes and sandwiches.

For those with a sweet tooth an assortment of pies and sundaes, thick milkshakes, smoothies and yogurt shakes are available. Service is always with a smile.

Housed in an iconic American diner building imported from the USA, this could be the most American experience to be had in east London.

Go to fatboysdiner.co.uk.



4 WEEKS OF WINE

By Kay Lockett

Two: Why it's all about your palate

We learnt this week that when it comes to wine you shouldn't be ruled by rules as everyone's palate is different. If it works for you then enjoy it.

This theory seems to defeat the point of this course, but I begin to see how a few basic principles can help you make more informed choices when faced with an extensive wine list.

We may not all be lucky enough to have a wine cellar in our basement but a dark and cool cupboard will suffice.

If a wine is stored incorrectly it can seriously affect the flavour or cause the wine to become faulty in the bottle.

I also discovered certain red wines should be served chilled rather than at room temperature – a light bodied red like a Beaujolais should be kept in the fridge and served at around 13C, the same as a medium bodied, oaked white.

The class took a serious turn when we looked at the social responsibility of drinking alcohol and how much we should safely consume to lessen those sore heads.

Health risks of excessive drinking and legal elements were discussed and I was surprised to find out that the law states it is legal for a five-year-old to drink at home.

To cheer us up after the serious stuff, tutor Mike Carpenter unveiled a small selection of wines to sample – including an unlikely Chinese Cabernet Sauvignon.

Apparently China is an up and coming region in terms of growing grapes and we are likely to see more Chinese wines on the supermarket shelves very soon.

Much more enjoyable though, than the quite tart and harsh tannin-fuelled Chinese offering, a bottle of Chilean Merlot was a hit – smooth, with ripe fruit and soft, rounder tannins.

The Montgras Reserva Merlot 2011 (available at Waitrose priced £6.74), pictured, is an easy drinking wine perfect for summer barbecued meats.

Go to rawlings-and-wine.com.



COOK WITH THE GUN'S QUINTON BENNETT

Magnificent marinade: Barbecued Barnsley lamb chop with salad

My take on this dish is quick and easy, and uses ingredients that are readily available from your local butcher and greengrocer. The marinade is great for meat, chicken and fish, either cooked on open flames or baked in the oven and is a must for any summer BBQ you are planning. Serves 4

Ingredients

4 200g Barnsley lamb chops

For the marinade

50g fresh basil
50g fresh parsley
50g fresh coriander
80ml sweet chilli sauce
80ml balsamic vinegar

120ml olive oil

1tsp salt

For the salad

1kg mixed heritage tomatoes

250g ball of quality buffalo mozzarella

50ml olive oil

30g fresh mint leaves

10g fresh basil leaves

1tsp sugar

Salt and pepper to taste

Method

Place all the marinade ingredients into a food blender, and blend until smooth. Season to taste.

Marinate your meat in around 80 per cent of the marinade for at least two hours before cooking. The



remaining marinade can be used to baste the lamb chops while they're cooking.

Wash the tomatoes, dry them and cut into bite sized pieces. Season with sea salt, cracked black pepper, olive oil and a pinch of sugar. Tear the mint and basil over the tomatoes and toss.

Place on a plate and then tear the mozzarella on top in nice big chunks. Drizzle with olive oil and sprinkle with sea salt.

When your meat has finished marinating, for best results, cook over an open flame for 12-14 minutes. Allow to rest and then serve alongside the tomato salad.

This dish makes the perfect summer supper, says Quinton

Fashion



Lahti leather jacket, £540
Diesel
Carnaby Street
diesel.com

Sawtooth western shirt, £60
Levi
Canada Place
levi.com



Haillie embellished collar denim shirt, £78
Abercrombie & Fitch
Mayfair
abercrombie.co.uk



Stretch cotton cable cardigan, £90
Gant
Canada Place
gant.co.uk



ShoreLeave shorts, £45
Urban Outfitters
Westfield
Stratford City
urbanoutfitters.co.uk



Wedges, £38
Urban Outfitters
Westfield
Stratford City
urbanoutfitters.co.uk



Dungarees, £65
Urban Outfitters
Westfield
Stratford City
urbanoutfitters.co.uk

Tropical short sleeve button-up, £48
American Apparel
Oxford Street
americanapparel.net



Printed mid-length tank, £25
American Apparel
Oxford Street
americanapparel.net

Cold river boxer briefs, £20
Abercrombie & Fitch
Mayfair
abercrombie.co.uk



Converse All Star Hi, £48
Size
Carnaby Street
size.co.uk/

Gilly Hicks bralette, £24
Abercrombie & Fitch
Mayfair
abercrombie.co.uk



Celebrating July 4 doesn't have to mean wrapping yourself in a flag, **Kay Lockett** picks some garments

AMERICAN apparel

Travel

USA culture shock with side of friendly alligator

FLORIDA

The state might not be too cosmopolitan but there are plenty of thrills to be had, writes **Rob Virtue**

Now let me get this right," said the middle-aged waitress in one of Kissimmee's many steak restaurants. "A vegetarian is someone who only eats vegetables, right?"

"No." I scan her face to see if there's any irony. None. I continue. "It just means they don't eat meat."

"No meat?" her eyes widen.

"Or fish."

"No meat *and* no fish? Oh my God. How do they survive?"

There's no point in responding. She's shaking her head, exasperated. "They eat bacon, right?"

I'm not intending to paint America as the land of the meat-eaters. If you head a few thousand miles north-west



Above, the chaos of Walt Disney World's Magic Kingdom
Below, the theme park's Epcot area, Disney's vision of the future



the Wharf TRAVEL CLUB

you'll probably find more vegetarians than not in uber-trendy California. But this is the state of Florida which can be a bit of a culture shock to us Londoners.

Fancy a walk to the pub? There's no pathways. Want to order a curry? Good luck finding a decent one. What are these nets around our pool for? To keep the alligators out, of course.

The roads, meanwhile, are endless loops of McDonald's, Dennys and Walmarts like a modern day *Flintstones* cartoon.

Some would cringe at the thought (and we haven't even stepped into Disney World yet).

But there's more to it if you look a little deeper. Away from the strips and

their numerous shops, restaurants, funfairs and golf courses, we found a vast selection of lakes, with sea eagles flying above and a "friendly" baby gator swimming below the boardwalk

where we were standing. The stunning weather completed a scene of perfect relaxation.

In contrast, the chaos of Walt Disney – the reason a huge number of people come to this part of the States from all over the world.

Madness. Kids overloaded on sugar and parents charging after them. Everyone in their own tiring, chaotic bubble but, at the same time, delighted they are carrying out this charade in the childhood paradise that is Disney World.

Disney is not littered with rollercoasters – Busch Gardens is a better

alternative for that – but it does have something for all ages.

For thrills – Space Mountain, Rock'n'Roller Coaster, Tower of Terror and Expedition Everest, which takes you backwards through the darkness and possibly loop the loop but I couldn't quite tell, are the places to go across Magic Kingdom, Hollywood Studios and Animal Kingdom.

A plethora of gentler rides are available through the likes of Peter Pan's flight and Pirates Of The Caribbean.

The most popular rides can all involve very large queues so head there to pick up a Fastpass early on, as this gives you an allocated slot to jump the line later on in the day.

As for waterparks, go to Blizzard Beach for the exhilarating slides or Typhoon Lagoon if gentle flumes are more your thing.

The latter is better suited to families where the younger ones will probably spend most of their time in the lagoon or hanging around the snorkelling pool with the reef sharks.

For either park expect to queue for lengthy periods, frustrated that that no Fastpass exists and you aren't able to spend the time using your free Disney Wi-fi – a fantastic offer throughout the parks – on your phone.

Absolutely shattered, head off home via one of the many restaurants along the side of the road. If you like steak, then you'll be more than satisfied.

If you're not a meat fan, don't bother complaining, just order a salad.

the Wharf TRAVEL CLUB

Tour the states

Star bargain



★ Experience the lights of San Francisco and Las Vegas, hiking Yosemite and the Grand Canyon, stargazing in Los Angeles and driving Route 66. This eight-day tour is now on 15 per cent discount with STA travel for £637pp. Go to statravel.co.uk.

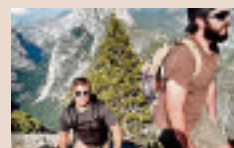
Trek out into the sun at high noon

WILD WEST Grand American Adventures is offering 20 per cent off its 13-day tour of the National Parks of western USA.

The trip costs £1,164pp and includes the Grand Canyon, Angel's Landing, Monument Valley. Departing San Francisco on August 6, the price includes transport and camp equipment. Go to grandamericanadventures.com.



Star bargain



★ Sleep out under the stars in Yosemite National Park, raft the rapids and churning waters of the American River, trek into the high sierra of Yosemite. This 10-day tour is 30 per cent off with STA travel for £910pp. Go to statravel.co.uk.

Travel from Liberty to DC

CITYBREAK Get 20 per cent off this three-day mini-tour from New York to Washington DC with Grand American Adventures. The £320pp price tag includes skyscrapers, neon lights, national monuments and cobbled streets in a journey of contrasts. Departs on August 6 from the New York area.

Go to grandamericanadventures.com.



FACTFILE

- Fly from Gatwick to Orlando with Virgin Atlantic from £467 return. Go to virgin-atlantic.com.
- Package holidays currently start at £665. Go to virginholidays.co.uk for more information.
- Two-week adult tickets for

Disney World cost £255 for adults, £235 for children, under-twos go free. Access includes Magic Kingdom, Epcot, Hollywood Studios, Animal Kingdom, Blizzard Beach and Typhoon Lagoon. Go to disneyworld.disney.go.com.

Health

Whip yourself into shape with latest US gym craze

REVIEW

Barry's Bootcamp

163 Euston Road

Finding yourself featuring in what feels like an Abercrombie & Fitch advert is all the motivation I needed to get through a gruelling hour at Barry's Bootcamp.

Part military training with circuits and gym work, part red light disco, the 60-minute class is based on the simple idea of shocking the body with a 1,000 calorie-burning workout.

It's the latest fitness craze to come over to the UK from Hollywood with celebrity fans including Jessica Alba, Jake Gyllenhaal, Josh Harnett and Kim Kardashian. The classes have attracted a cult following and became famous a few years ago for helping shape the size zero physiques of Hollywood stars.

Sessions are based on 30 minutes of interval cardiovascular routines on state-of-the-art treadmills used by US Navy Seals and half an hour of strength training using free weights, resistance bands and bars, set to a soundtrack of high-energy tunes and performed in low, nightclub lighting.

The cardio stint is designed to help burn fat and the strength training to build muscle.

Instructor Olly Truelove, flexing his impressive abs, said: "These classes are great for all round functional fitness, for the mum who needs to be strong to carry the shopping and kids, to the professional athlete who wants to up their game and boost their exercise regime."



The classes involve low-level lighting and pumping high-intensity music

There's very little rest between sets, just enough to catch your breath. Participants are pushed to the limit again and again, each time upping the ante.

I found that I focused on my neighbouring workout buddy, all svelte leggy six feet of her. Watching her and her killer six pack crunch with every sit-up was more motivating than any personal trainer.

I tried to keep up with her treadmill speeds – the group element gives the class a competitive but social edge.

There were as many smiles as grimaces and the whole experience was like stepping into an LA studio frequented by models and actresses. The new UK studio, which opened

earlier this year opposite Euston Station feels relaxed and has a cool American vibe, packed with positive attitudes.

The class was tough. I write this with aching arms, but still high on endorphins.

I was warned that the experience can be addictive and I can see why. I'm already eager to book myself in for next week and push myself that little bit more. Maybe I'll catch a glimpse of the toned Adonises sweating it out to their beautiful bodies' extremes too.

Post-workout I headed to the Fuel Bar to sample the menu of fresh, made-to-order protein shakes that are all around 300 calories or less. Olly tells me that its important to replace

NUMBERS

- 1998: Year in which Barry's Bootcamp was founded in LA.
- 1,000: Calories you can burn in a one-hour class through the high intensity interval training.
- 60: Minutes per class.
- 20: Number of specially customised Woodway Desmo treadmills at the Euston based studio. Brand is used by US Navy Seals, Manchester United and other elite military and sports units.
- 13: Number of protein shake flavours at the Fuel Bar
- 30: Minutes of strength training and cardiovascular work each per class.

protein and carbs within The Golden Hour, which helps repair muscle fibres and aids recovery. The all natural Yogi berry smoothie containing blueberries, bananas, apple juice, ISO Vanilla pure protein and crushed ice, was exactly what I needed to stop me collapsing on the way home.

■ Normally from £16 per session, Barry's Bootcamp is offering Wharfers a **free trial class** at either the 6am or 12.30pm sessions, Monday-Friday, or the 9pm session, Monday-Thursday. Call Sandy on 07921 186 585 using the code WHARFVIP to book. One class per person, non-transferable.

Kay Lockett

Go to barrysbootcamp.com.

Our verdict

The finest fitness class I've attended

★★★★★

REEBOK

Run for free with a US passport

★ Reebok Sports Club is inviting all Americans to turn up for a 12.15pm-1pm running circuit today (Thursday), for free, to celebrate Independence Day.

The running circuit can burn approximately 200 per cent more calories than walking and this circuit style class provides the perfect forum to run free. Intended as a taster.

For more information go to reeboksportsclublondon.com

BLACKHEATH RUGBY

Give tots a try on rugby field

★ Toddlers can give rugby a try at a festival of sport in Blackheath.

Training sessions for two to five-year-olds will take place from 11am on Saturday, which will also see men, women and vets teams compete in sevens tournaments.

Blackheath Rugby Club is hosting the activities which are free for spectators. There will also be an adult assault course, a rodeo bull ride, clay pigeon shooting and a late-night DJ. Go to findrugbynow.com

REEBOK

Get in shape for Ibiza clubbing

★ Get party perfect ahead of your summer holidays with a duo of Ibiza-themed 45-minute dance sessions.

Reebok Sports Club will be pumping the volume to the max and mixing up floor-filling tunes from the biggest clubs in the Spanish resort on July 12.

Members are encouraged to wear clubbing gear.

For more information go to reeboksportsclublondon.com

TOP tips



■ **Plan ahead:** Have a summer action plan to avoid hot weather weight gain. Whether you've overdone the Pimm's watching Wimbledon or can't say no to seconds at those weekly barbecues, if you've got a weakness, tackle it now. Strategies such as keeping a food diary work because it's harder to let things slide.



FITNESS WITH LAURA WILLIAMS

Get the look: Sandra Bullock

The 48-year-old actress is sporting the skimpiest of numbers while promoting her latest film.

How she does it: "I do a lot of Pilates, kick-boxing and weight training in LA, and when I'm in Austin, Texas, I run or ride a bike," said the star of *The Heat*.

Do it for yourself: Having two different routines can be a great way to include all aspects of fitness in your life on a regular basis.

Bullock's routine when she's working in LA is more structured, whereas country workouts consist of outdoors activity.

You can try a version of this yourself if you want to top-up your weekday efforts at the weekend without spending too much time

apart from your family. A family bike ride, game of football or a quick, fast Sunday run are more sociable than heading to the gym for an hour or two.

But you can use the week to get your structured sweat minutes in so that you're working on fitness levels, boosting metabolism and strengthening muscles in your lunch hour.

Make those gym visits really count – work out which goal box each workout ticks and if it's not ticking at least three, think about replacing with something more efficient.

Kick-boxing and weight training are enjoyable and effective. The Wharf gyms all have excellent martial arts-based classes that will whip you into shape and help keep workout boredom at bay too.



GETTY

Q&A

I have never really exercised before but my doctor has said I need to start. Where do I begin?

If you're really starting from scratch, keep it simple. Look at times during the week when you can be more active.

This might be small, higher intensity opportunities such as taking the stairs two at a time or it might be longer, slower sessions such as heading to the park at the weekend for a brisk walk.

Make sure you list your goals too, whether that's being able to run for a bus without wheezing, or rocking a new, smaller sized tux or LBD come the December party season.

the Road



The Ypsilon is modern America, built solidly but with one eye on the environment

Butch colours for an American supermini

ROAD TEST

Edward Stephens
The Wharf

If Chrysler's Ypsilon wasn't different enough the company has now introduced a special edition, which makes it even more eye catching.

The Black&Red, as its name suggests, comes in two colours on the outside and inside and certainly makes a dramatic statement.

Externally the bi-coloured car features deeply tinted black windows and a black roof and bonnet with the remainder of the car, including the side-skirts, in striking clay red.

And if you thought the outside was dramatic prepare to be dazzled when you open the door to get behind the wheel.

The funky black and red theme features on the seats, while the dashboard and the door linings are in red and the centre console surround in a shiny piano black finish.

In fact the interior of the Ypsilon is very well equipped and, despite being a small car, it feels very up-market.

FACTFILE

Chrysler Ypsilon

TwinAir Black&Red

- Price: £13,950
- Mechanical: 85bhp, 875cc, 2cyl petrol engine driving front wheels via 5-speed manual gearbox
- Max speed: 109mph
- 0-60mph: 11.9 seconds
- Combined mpg: 67.3
- Insurance group: Seven
- CO2 emissions: 99g/km
- Warranty: Three years

I particularly liked the dashboard layout with the dials located in a single central display unit sitting on top of the main console while air conditioning, Bluetooth connectivity, a Bose hi-fi system and trip computer all come as standard.

Despite falling into the supermini category, the Ypsilon offers generous interior space, and rear seat passengers in particular will find they have far more leg room than the outside dimensions of the car suggests.

Its high stance also ensures plenty of headroom, no matter how tall you are.

There's a choice of three engines with the Ypsilon but this car had the smallest – the distinctly lively TwinAir engine from the Fiat stable.

This diminutive turbo charged engine boasts just two cylinders and 875cc but considering its size is a real powerhouse.

On the road you have to work the gearbox a little more than normal to enjoy the benefits of this international Engine Of The Year winner 2011, which means you won't get close to the claimed average fuel consumption but you will have plenty of fun.

When you rev it hard it sounds a little like a demented bee but it does deliver remarkable performance for its size. At high speeds, however, the car is impressively quiet and relaxing.

The Ypsilon Black&Red is a car that will get you noticed, and with the TwinAir engine it will always put a smile on your face.

Our verdict

US model with Euro cool

★★★★☆



The striking colour scheme is continued inside the Chrysler

WHARF WINNER

■ Alex Blair, an analyst at Accenture receives the KTM Strada 800 Speed he won in our competition in partnership with Leftfield Bikes.

■ Alex said: "I'm absolutely chuffed to have won such a great bike. The bike was even delivered to me at work and adjusted to fit, which is what Leftfield is all about – unique bikes and personalised service." Go to leftfieldbikes.com.



Play



MirrorBingo

ON YOUR MOBILE!

PLAY, CHAT AND WIN

on your Android phone or iPhone

Just search for
MirrorBingo
on your mobile to get started!



Go to MirrorBingo.com NOW!

18+ only. £10 Welcome bonus open to new players only. Gambleaware.co.uk – see site for full Ts&Cs – mirrorbingo.com

LondonEYE



LUKE MACGREGOR



TAKE PRIDE A colourful participant celebrates during the annual Pride London parade on Saturday, which highlighted issues of the gay, lesbian and transgender community as well as celebrating LGBT culture.

CHRIS HELGREN



OUT FOR THE COUNT A man passes one of the Numbers 1-0 sculptures by US artist Robert Indiana which is temporarily installed in the Square Mile as part of the City of London Festival.

PAUL HACKETT



TOO SOON? Tristan Robertson Jeyes, two, test drives a £250 Sterling pink Cadillac next to Jayla Silva, three, on a £160 mini dodgem in Hamleys toy store during the Christmas in June media event last Thursday. The cars are two of ten toys which Hamleys' staff thinks will be the top choices by children for Christmas presents.

JASON ALDEN



BANKING ON CARNEY

Mark Carney, the new governor of the Bank of England, attends a monetary policy committee (MPC) briefing on his first day at the central bank's headquarters in Threadneedle Street on Monday. He arrived by Tube on the Central line at 7am hoping to avoid camera crews and press photographers.

PHILIP BROWN



BACK IN THE FOLD England's returning star Kevin Pietersen, second right, looks up before a team photo with teammate Luke Wright, right, and Eoin Morgan, third right, before the second T20 international cricket match against New Zealand at the Oval cricket ground on Thursday. Rain stopped play after the second delivery and the match was ultimately abandoned.

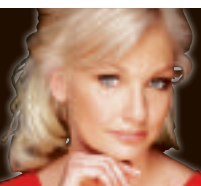
Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Things you learn this month can see you on your way to a better future and greater long term security. Any insecurity you've been feeling will ease in time.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

You may have to tell a white lie in order to get your own way this week. Know how far is too far to go though Pisces. A close one is losing patience.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

Relationships have been under immense strain and it's time you stripped things back to basics. Only then will you realise how well you've done in recent days.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Things you buy this week will be able to tell your family and friends a lot about the way you are feeling. Confessions you make could change things.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

What you want out of life is changing as you've grown and matured so much in recent months. Some of you Geminis have holidays on your mind.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

It's no longer as fun as it was to let a close one get away with their naughty behaviour. If they don't start towing the line, you're likely to blow up.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Your energy levels return and you finally are coming to terms with what happened or what didn't. Just remember Leo, you don't have all the answers.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Too much gossip has left you feeling as if people think the worst of you. That's not true. They simply see you're only human like the rest of us.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

If you don't know what to do with your life right now, then don't do anything. Time is on your side, use it. Someone has seduction on their mind. Take care.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Some signs can't help telling lies, but you can, so don't pretend otherwise. Part of you wants to lay your heart on the line – keep that part to the fore.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Your chart shows you're hiding a secret. Try not to make it too obvious that you're avoiding certain people though. You're a naturally dramatic person.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

You have to admit your emotions have been working overtime. Stop and take a reality check. You don't have to stress and fret over everything.

Contact our psychics to get a FREE personal CD of your reading

Live psychic

Call a live psychic for your personal consultation on 0906 174 2078

To pay for psychic reading by credit card, call 0800 063 0909

Live text

Text a Psychic: Just text CLA13 and your question to 86010 and one of my psychics will give you a reading

Dinner and a Movie



★ Fancy winning dinner and a movie for you and a friend to celebrate the goodie bag you've just won?

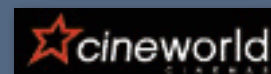
We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two pizzas, two bottles of Peroni (or a bottle of wine) and a pair of tickets to the cinema.

In addition a goodie bag from the film The Internship features

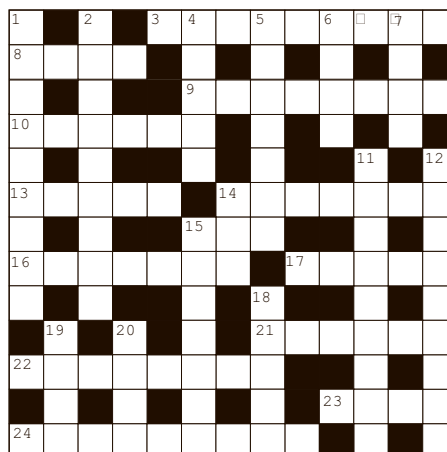
mini-table tennis kit, puzzles and a T-shirt.

To be in with a chance of winning, just tell us the name of the computer giant where the internship takes place. Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is July 11, 2013.

You must include your name and postal address.



Crossword



ACROSS

3. Raised floors (9)
8. Genuine (4)
9. Amaze or delight someone (4,4)
10. Crowd together (6)
13. Sum (5)
14. Cure for all ills (7)
15. Seizure (3)
16. Towed vehicle (7)
17. Armistice (5)
21. Sinew (6)
22. Have complete control over (8)
23. Lower limbs (4)
24. Cigar type (9)

DOWN

1. Building designer (9)
2. Obligatory (9)
4. Defame falsely (5)
5. A tug (7)
6. Musical instrument (4)
7. Come together by arrangement (4)
11. Blackguard (9)
12. Nudity (9)
14. Narrow brooch (3)
15. Flourish played on trumpets (7)
18. Walk off with (5)
19. Roman garment (4)
20. Prima donna (4)

Sudoku

EASY

7			5		3	2		
3		5	2	9				
			7	1	6		5	
5	4	3		7	1	6	9	
9	7	1	4	6	2		8	
6	8	2	3					7
	9		6		8	1	2	
1	3		9	2	5	8	7	4
2		8	1		7	9	3	6

HARD

	7	6	9					
					3			
		9			4		6	
4	1	8	6					
9					8	1		
	5		3					
		2		3			7	
				6				
8						4		5

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

the **Wharf** wharf.co.uk

To advertise call **Rebecca Ginn** on 020 7510 6402

classified

Adult Massage

CITY GOLD
 ★ A★ Massage Service In ★
 ★ Canary Wharf ★
 ★ Talented Staff, In And Out Calls ★
 ★ 100% Satisfaction Guaranteed ★
 ★ 10.00am - 10.00pm ★
 ★ Lavish Surroundings ★
07504 444 408

Independent Blonde,
Latin, Mature,
Tall, Attractive
 In-calls & Out calls in Canary
 Wharf. Comfortable Flat.
 Early 'til Late
Gaya
07526261992

Gina
Amazing Mature
Latin Brunette Escort
 In/out in Canary Wharf
 luxury flat. Early till late
Gina
07903 440 616

Eva
Massage
 Canary Wharf
 Luxury Apartment
 In calls only
07725 838733

Amazing Independent
Young Latin Brunette,
 Comfortable Flat in
 Canary Wharf,
 Every Day. In/Out Calls.
 Rebecca
07983 34 35 26

Amazing
Chinese
Massage
Luxury Rooms
 Canary Wharf/
 South Quay
07729 760888
www.gaomedical.co.uk
 Free Packing & Card Accepted

Oriental Full body 2
body oil massage
www.
londonbody2body.
co.uk
Many other Services
In or Out call
07779211427

Sophisticated
and Curvaceous,
Mature Blonde
in luxury
apartment in
Canary Wharf
07554 859659

Suzannes Escorts
Bookings
0871 222 0601
Calls to 0871 numbers cost 10p per minute plus network extras.
 PO Box 121 (UK) One customer service 0845 913 3674
 To your door
 within the hour
 or visit us by
 appointment
 Driver service
 from the station
 7 nights a week
 till 3am
www.SuzannesEscorts.Co.UK

High Class
YUMIKO
 truly gorgeous and sweet.
 Near South Quay station
 in and out call.
07789805388 or
07818282678
www.eliteyumiko.co.uk

SANDRA
Escort in
Canary Wharf
Telephone:
07867 276 177

NEVER UNDER
 ESTIMATE THE POWER
 OF ADVERTISING
RING
NOW!



**Paying for your
 ad is easy...**

When you use one of the
 following methods:



GEORGIE H
PHOTOGRAPHY
 www.georgiehphotography.com

Photography for Weddings, Parties,
 Christenings and Family Portraits
 Call us on 01268 422472 or 07557 227561
 Email info@georgiehphotography.com
 Like us on facebook-
 www.facebook.com/georgiehphotography

We couldn't make it any easier.

Finding the ideal IT opportunity isn't always easy. That's why we provide a clear solution.

PlanetRecruit is one of the UK's leading IT jobsites. We consistently find talented technology professionals the most relevant jobs both in the UK and abroad.

Our expertise means we can find you the right opportunities, without the hassle. And our connections with recruiters and employers means we can get you into all the best places.

To find the perfect job go straight to **PlanetRecruit.com/jobs**

PlanetRecruit
 JOBS FOR TECHNOLOGY PROFESSIONALS



ROWING

The Royal Docks came alive on Sunday as the Dragon Boat Festival returned, bringing with it the sights and sounds of China. Drumming, dancing and kung fu accompanied the races that saw 40 vessels, each bearing 16 rowers and a drummer, fight for the title. The winning team was The Expendables



Signed off: Andy Carroll, pictured here modelling West Ham's 2013/14 kit, has committed his future to the Irons but began his pre-season with a rehabilitation programme following a heel injury



Fresh faces mingle with Irons veterans

WEST HAM

Hammers return to the training ground early under Big Sam's tough regime

Giles Broadbent
@wharf.co.uk

Back to business". That was the tweet from Andy Carroll as he headed back to West Ham's Chadwell Heath training ground on Monday as pre-season preparation began ahead of an intensive week-long camp in the Republic of Ireland.

"Business" has been the stuff of the closed season with the 24-year-old international finalising his record £15.5million signing and he was all smiles when he arrived to re-unite with team-mates. But he was not training alongside them, instead he was back to a rehabilitation programme to recover from a heel injury.

New faces mingled with familiar ones as the club got an early start. Troubled striker Ravel Morrison, shipped out to Birmingham last season, is looking to stay in the south this time around while new signings goalkeeper Adrian, Razvan Rat and Danny Whitehead were also on show.

A surprise member of the cast list was Titus Bramble, 31, who is available on a free transfer after he was let go by Sunderland's Paolo Di Canio. The club said that he had been offered a place to train and it is not beyond belief that Sam Allardyce might take on the defender.

Assistant manager Neil McDonald said: "It's always good to get new players in as early as we possibly can."

"We've managed to get Adrian, we've got Rat and Andy Carroll as well. It just freshens the whole place up, gives everybody a boost and there's competition for places, which is what the manager wants."

"We're really pleased that Andy's signed. His contribution last season was great. Get him fit, put the ball in the right areas and he'll score lots of goals because he's a fantastic player."

W Why start pre-season training so early?

"The plan is that we get off to another fantastic start to the season."

Captain Kevin Nolan said: "The first couple of weeks of pre-season are about consolidating, getting a fitness base and making sure you don't pick up too many injuries early on."

"We've got to make sure that step-by-step we get fitter and fitter and are ready and raring to go when we face Cardiff at the Boleyn Ground for the first game of the season."

"I think we're one of the first Premier League teams back with the season seven weeks away. Sam's always done it this way, I've always found that he does it the right way and the plan is that we get off to another fantastic start this season."

West Ham United face their first game of the summer on Sunday when they travel to League of Ireland side Cork City at Turner's Cross

WEEKEND FLUTTER

WITH THE

RACING POST

RACING

■ The Coral-Eclipse takes place at Sandown this Saturday and Mukhadram looks value to beat his Royal Ascot conqueror Al Kazeem.

Mukhadram, a Sandown Park course-and-distance winner this season, led everywhere but the line at Ascot and is value at 6-1 to turn the tables on the horse that denied him glory.
Ed Quigley

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

RUGBY

■ The second Test between Australia and the British and Irish Lions was a tense, low-scoring affair but Saturday's decider in Sydney looks set to be more open and Wallabies winger Israel Folau is great value at 15-8 to score a try.

Folau scored twice on his test debut against the Lions and few would bet against him continuing in similar vein.
Graham Woods

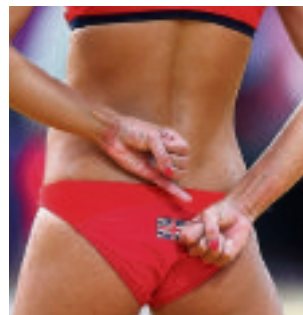
VOLLEYBALL

AFTER last year's illustrious home in Horse Guards Parade for the Olympics, beach volleyball returns to the capital from Monday.

Wood Wharf will be the setting for the two-week tournament, which sees two courts in action hosting corporate teams from across London.

Sitting Volleyball tournaments will also be played and taster sessions on offer at the fifth annual event organised by disabled children's charity Action For Kids.

Olympians Shauna Mullin and Zara Dampney, and Paralympic GB Sitting Volleyball Captain Rob Richardson,



Zara Dampney gestures during a match at last year's Olympics

will be among those showing off their skills in exhibition matches and qualified coaches will provide training, hints and tips.

The organisers are looking for teams to enter the corporate championships, which will take place on July 19.

Each team will receive two hours training with a qualified Volleyball England coach, will play in at least four matches and then, potentially, progress to the semi-finals and the championship final. Teams need to consist between five and 10 people.
[Go to actionforkids.org/beachvolleyball](http://Go.to/actionforkids.org/beachvolleyball) for more information.

Giles Broadbent

Corporates encouraged to form teams

**Tough day at the office?
Get over it.**

Climb an icon

**Now you can walk over one of London's
favourite landmarks**

**Evening climbs available in July.
Book your date and time now.**

UpatTheO2.co.uk



/UpatTheO2



@UpatTheO2



PROPERTY

Wharf

Canary Wharf's leading property guide



Live in the borough where you work

P18

It's carless drivers that scheme aims to attract

P17

3

of the best properties available in Docklands

P16



Southern space will be big draw for Wharfers

Nine Elms may be a stretch but it might be worth the effort [Page 16](#)

ALAN SELBY
AND PARTNERS

www.alanselby.co.uk

020 7519 5900 | info@alanselby.co.uk

Estate Agents | Land & Development Consultants

3 OF THE BEST

Splash out



Guide: £975,000
Rotherhithe Street

A luxury three-bedroom penthouse atop the Octagon Court scheme. Features split level living and private parking.

email4property.co.uk

Spend more



Guide: £410,000
Rotherhithe Street

A two-bed, two-bath flat on the first floor with views over the Thames. Features a modern fitted kitchen.

email4property.co.uk

Spend less



Guide: £289,950
Kilburn Street, Surrey Quays

This one-bedroom flat has parking for two cars and is available with no onward chain. Ideal buy-to-let investment.

email4property.co.uk



For more properties on sale now in London, go to stirlingackroyd.com

Head west for value and substantial regeneration

Project is in its early phases but will have a huge impact on the shape of London

Douglas Blyde
The Wharf

Of London's 33 opportunity areas, we're the biggest by value – and the best," said Helen Fisher, programme director of the Nine Elms development on the South Bank.

"We're effectively building a new town for 30,000 including infrastructure and safeguarded spaces."

Also outlined in the 10-year project is 6million sqm of new business space, the "anchor" of the relocated US embassy, scheduled to open on Independence Day 2017, and a new Dutch embassy.

It is anticipated 22,000 construction jobs will be created between now and completion in 2022, including 1,000 apprenticeship places – more than Crossrail and the Olympic site combined. Ultimately, the regenerated area could provide 25,000 permanent jobs.

Formerly "denied rehabilitation" according to Iago Griffith, regeneration project officer at Lambeth Council on account of its relative isolation and paucity of transport links, the area spans 195 hectares from Lambeth Bridge in the north, to Chelsea Bridge in the south.

Traditionally home to light industry and logistics, the swathe includes the Albert Embankment, Vauxhall and a northern segment of Battersea.

Increased accessibility will come from two new stations on the Northern line extension (2019), a river-bus pier, and pedestrian and cycle bridge. The



Crane spotting: The regeneration of Nine Elms will see a large swathe of the south bank transformed around two major embassies

latter will link to routes overseen by a dedicated cycling tsar, said Griffith.

Despite its acclaimed design and youth, Vauxhall bus station will be a casualty in favour of a new High Street which Griffith calls "a recognisable heart." He promises to address the gyratory too.

He said: "For years it meant Vauxhall was seen as somewhere to struggle through."

Wandsworth Council's Steve Diamond pointed to a representation of Battersea Power Station, illuminated on a model.

He said: "We've a long-standing history with that building. A conundrum – how to bring it back. So we decided to bring it into Vauxhall rather than tack it to Battersea."

"We had to draw landowners together to a charter to create a conveyor belt of opportunities. That way we know how many tunnel segment liners we'll need in 2016 for the Northern line extension, for example."

Residential schemes in production

include Ballymore's Embassy Gardens. A promotional film in the sleek show-home speaks of New York's meatpacking district as "inspiration".

Landings amid the four floors of mocked-up domiciles are adorned with Oscar Wilde quotes. So far, the £440,000 "suite" (studio) is proving the most popular purchase.

Meanwhile, the Riverlight development embraces the Thames. Exterior glass lifts reduce the "hotel effect" within according to the sales representative.

A two-bedroom show-flat (approximately £700,000) looks onto a simulated 15th-floor vista. Both schemes are gaining majority interest from British buyers.

Culturally, a Promenade Of Curiosities sees the creation of a green walkway between the US Embassy and the south bank.

New Covent Garden Market is to

W How's this relevant to Wharfers?

With new transport links to Clapham Junction and Battersea via the Overground living south west could be very attractive to workers on the estate.

be re-configured to include a Garden Heart food quarter. Griffith also anticipates provision of units for start-ups "like at Brixton market".

Already in a healthy state, Vauxhall Pleasure Gardens has seen "a notorious strip-joint" turned into cosy tea room.

Run by author of *The Dangerous Book For Boys*, Harry Iggulden, The Tea House Theatre was a vital player in the launch of the annual St George's festival, which included Punch & Judy, Morris dancers and Shakespeare.

Iggulden proudly details his stance against abusers of the common. "Anti-social behaviour can't co-exist with really cool things," he said.

On account of the scale of works already in progress (Fisher likes to "crane-watch down Nine Elms Lane") this massive regeneration project is already more successful-seeming than the stalled Elephant and Castle rehabilitation.

Once threatened with demolition, the "precious", now-listed Brunswick House, a lone Georgian mansion home to a restaurant and reclamation showroom was, like the Tea House Theatre, a regenerative pioneer, according to Chris Law, public realm and development director at Vauxhall One.

It is to be treasured as an interesting part of the forthcoming shimmering glass towers and grass walkways visible from the riverside.

Go to nineelmslondon.com.

An artist's impression of how Nine Elms will transform the area



DOUGLAS BLYDE



An architect's model of new buildings planned for Nine Elms



Get all the benefits of living with a car less the expense of ownership

Geared up for the drivers without cars

Rob.Virtue
@wharf.co.uk

A FREE car sharing scheme is being launched at new Greenwich development Central Park.

Residents and businesses can sign up for free to have access to the Ford Fiesta 1.4 TDCi's and Ford Focus 1.6 Econetic's cars.

They will then pay from £5.50 an hour for their use, or to use any Hertz cars across the country.

Vehicles, which will be located on-site at Central Park, will be available 24/7.

Lauren Nicholson, head of marketing at Family Mosaic, the housing association which operates at Central Park, said: "We are delighted to be able to offer the Hertz On Demand car sharing scheme to residents and businesses at Central Park.

"Family Mosaic is committed to reducing the impact on our natural environment and we always welcome ideas which will assist us in achieving this goal.

"The Hertz On Demand car share initiative is an excellent addition to our existing environmental initiatives.

"The car club will not only

help in cutting down on carbon emissions but will also contribute to our local community by reducing traffic congestion and the pressure for residents' parking spaces."

The development has nearly 1,200 homes and recently launched its latest phase of shared ownership properties.

The one and two-bedroom apartments are in the scheme's signature building, Jubilee Heights, and are available from £73,500 for a 35 per cent share.

Miss Nicholson added: "The Gold spec apartments bring something unexpected and exciting to the market.

"By offering residents little extras that will make a difference day to day, we are investing in securing a new community at Central Park.

"This scheme is a major part of the redevelopment of the area, and the shared ownership scheme option is an ideal way of getting onto the property ladder within an area that is thriving."

The development is due to be fully completed in 2021. For more information go to centralparkliving.co.uk

HOME FRONT

By Dawn Sandoval



Put up with referencing – it's important

Q I am moving to the UK with work and looking to rent a property for at least 12 months but am having a real nightmare with the company that is carrying out the references. It doesn't seem to matter what information I give them they are still not satisfied.

It's now got to the point where it could jeopardise my move-in date. Why are these people so fussy?

A Bottom line is they need to be thorough. You may be a perfectly good citizen but there are an awful lot of prospective tenants out there that do not pay their rent, which is one of the main reasons why these types of references are carried out.

The levels of tenancy referencing vary, with the most basic referencing check offering simple information, such as the prospective tenant's credit rating and information on any adverse credit history, including county court judgments, bankruptcy

orders and voluntary arrangement (debt owed to a third party under a special agreement). However, despite the

temptation for agents to go with the cheaper basic option I would always advise agents consider a fully comprehensive service.

This is the one that you are likely going through and which is taking the time.

This service also verifies the applicant's employment history, establishes if the applicant can afford to pay the rent, and will flag up a weak reference from the previous landlord.

By failing to undertake a more robust check agents are seriously exposing their landlords to an increased risk of accepting a bad tenant.

I often have to take the brunt of a disgruntled tenant whinging about the referencing system but considering that you are being given the keys to one of your landlord's major assets, it's only fair that you are qualified as a suitable tenant.

Affordability is important not just for the landlord but also to prevent you as a tenant from over-stretching yourself financially.

Dawn Sandoval MNAEA is an independent property consultant working in the Canary Wharf area – call 020 7093 1702. Every effort is made to ensure the accuracy of comments given. Individual cases must be studied by a solicitor. Email questions to newsdesk@wharf.co.uk.



An artist's impression of what Fairwater will look like when complete

Homes for key workers

EAST Thames will launch its 56 home development, Fairwater, this weekend.

The scheme, which includes 16 shared ownership homes, 12 for private sale and the rest as social housing, is in the heart of the Isle of Dogs. It's due for completion in October this year.

Based in Tiller Road, prices start at £72,000, which will get you a 30 per cent share (full sale price £240,000) of a one-bed flat.

East Thames said all of the homes had outdoor space, such as balconies, terraces, roof terraces or gardens, and there was bike storage space.

To be considered for the scheme's shared ownership properties you have to live or work in Tower Hamlets. The launch will take place on Saturday. *Those interested should go to fairwatere14.co.uk for more information.*

outside IN



Butterfly Home Designer Fine China Peacock range by Matthew Williamson: Three-piece tea set, £22.50, Porcelain teapot £27.50, Sandwich plate £22.50, Set of three bowls £20 Debenhams, debenhams.com

So Stylish
So Cool
So Affordable

PHASE 2
RELEASED



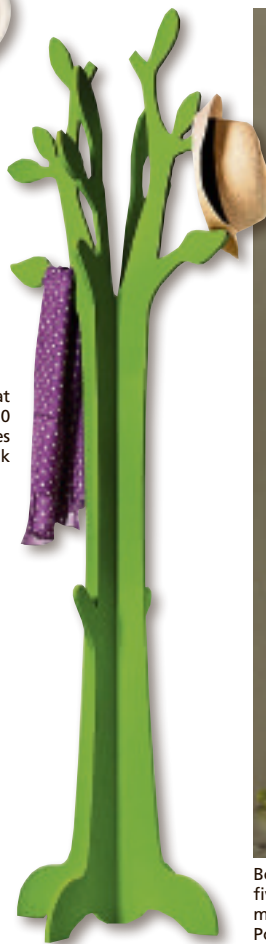
Oystercatcher
ornament, £39
Who's it for?
whositfor.co.uk



Red squirrel mug, £19.95
Emma Bridgewater
emmabridgewater.co.uk



Three-tier country
garden floral
cake stand, £15
Marks and Spencer
marksandspencer.com



Tree hat
stand, £20
Tiger Stores
tigerstores.co.uk



PA/PHOTO/HANDOUT

Botanic Garden left to right: Canton eight-inch sweet pea, £25.60, Canton five-inch pansy, £15.20, Flared, £21.60, Tulip, £26.40, Canton eight-inch magnolia, £25.60 (prices include 20% sale discount)
Portmeirion, portmeirion.co.uk

Bring the natural world right into your home with these pieces selected by **Gabrielle Fagan**

So Stepney, these stylish and affordable apartments in Stepney are ideal for couples, families or as part of a shared purchase with a friend. Attend our exclusive launch viewing event on Saturday 8th June.

Buy from only £61,250* for a 25% share



Book your appointment today on 0844 409 8641
or visit: www.affordable-sostepney.co.uk

*Based on a one bedroom apartment with a full market value of £245,000. Terms & conditions apply.

east^{THAMES}
@
So
Stepney Ei



Packed with Property

LocalMole.co.uk
The smart new website for
finding trusted local businesses.

www.localmole.co.uk



Looking for something less ordinary?

Invest in your own coastal retreat Enjoy a holiday home and a holiday let

Discover a more solid investment by the sea. White Sand is a collection of charming 1, 2 & 3 bedroom homes, a short walk from the sandy beach of Camber and near bustling Rye.

What's more our exclusive* 5 fixtures and fittings warranty† offers discerning homebuyers extra peace of mind in addition to the standard 10 year NHBC warranty.

1 & 2 bedroom apartments from £144,995
3 bedroom homes from £249,995

Ask our sales advisers about our exciting rental yields available at White Sand

WHITE SAND White Sand Drive, Camber TN31 7UP

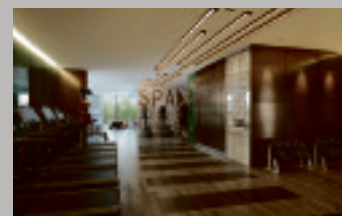


wardhomes.co.uk or call 08444 700 564

Prices and details correct at time of going to press. Image used for illustration purpose only. †Our 5 year warranty is available on virtually all of our developments and properties. Please speak to one of our sales advisers for further details. The warranty extends the purchaser's 2 year NHBC nonstructural Buildmark Policy or Zurich Standard 10 Policy to 5 years.*Exclusive, "we" and "us" refer to the Barratt Developments Plc Group brands.



21
WAPPING
LANE



21 WAPPING LANE. AVAILABLE TO RENT.

We are excited to announce that you can soon rent at this award winning development.

Ideally positioned between Canary Wharf and the City, comprising of suites, one, two and three bedroom apartments will be offered to rent ranging from £315-£2,300 per week.

Register on our website to secure your invitation to the launch evening on Tuesday 23rd July.

For more information please email us at lettings@johnsand.co or alternatively call us on 0808 118 1956.

No obligation free tenant referencing at the event.

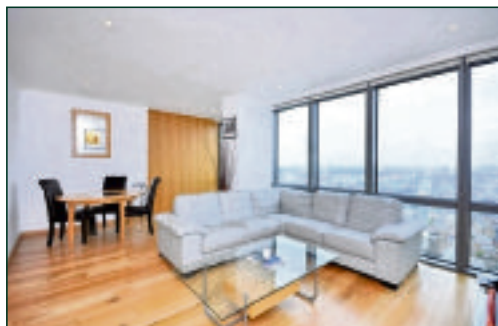
- & Health Spa
- & State-of-the-Art Fitness Club
- & Café/Restaurant
- & Private Cinema Room
- & 24 Hour Concierge
- & 24 Hour Security
- & Stunning Views
- & Luxury Interior Finishes
- & Five Minute Walk to the Station
- & Bank 4 mins, Canary Wharf 8 mins, Shoreditch 9 mins
- & Secure Underground Car Parking
- & Barclays Cycle Hire Docking Station

www.johnsand.co

JOHNS&CO



Chase Evans



No. 1 West India Quay, E14 £685,000 L/H

Two bedroom, two bathroom apartment on the 23rd floor of the iconic No. 1 West India Quay located just moments from Canary Wharf with its array of shops, bars and restaurants. Superb views through floor to ceiling windows, allocated parking and 24 hour concierge.

Canary Wharf 020 7515 1000



St Davids Square, E14 £599,995 L/H

Three bedroom, two bathroom, 2nd floor riverside apartment measuring approximately 1,043 sq ft with large terrace and corner balcony offering direct views over the river Thames to Greenwich. Popular development with 24 hour concierge and leisure facilities.

Docklands 020 7510 8444



Baltimore Wharf, E14 £550,000 L/H

Spacious two bedroom, two bathroom apartment on the fifth floor of this dockside development conveniently situated next to Crossharbour DLR and within walking distance of Canary Wharf. Wood flooring, large, private balcony, 24 hour concierge and a fully staffed leisure facility.

Pan Peninsula 020 7536 7900



Pan Peninsula, E14 £425,000 L/H

One bedroom, 10th floor apartment with wood floors, comfort cooling, marble bathroom and an East facing balcony. Pan Peninsula is within walking distance of Canary Wharf and boasts superb on-site facilities including a fully staffed fitness suite, private cinema and dockside restaurant.

Pan Peninsula 020 7536 7900



Boardwalk Place, E14 £370,000 L/H

2nd Floor apartment of approximately 595 sq ft with a large double bedroom, spacious reception room, balcony and allocated parking space. Boardwalk place is ideally located just moments from Canary Wharf's business district and surrounding transport links.

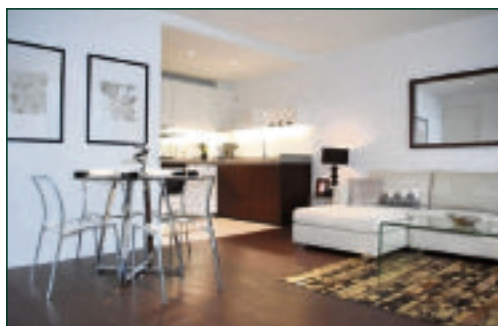
Canary Wharf 020 7515 1000



Bow Central, E3 £239,995 L/H

Fantastic, one bedroom property with balcony, situated in this sought after, gated development ideally located close to excellent transport links including Mile End and Bow Road tube stations and Bow Church DLR, allowing easy access to Central London, the City and Canary Wharf.

Docklands 020 7510 8444



Baltimore Wharf, E14 £500 pw

Superb two double bedroom, two bathroom apartment set in this modern dockside development. This property offers a spacious reception room with fantastic luxury furnishings, a fully integrated kitchen, luxury bathrooms and private balconies.

Pan Peninsula 020 7536 7900



Caspian Wharf, E3 £365 pw

Luxury, two double bedroom, two bathroom apartment situated on the 3rd floor of this fabulous Berkeley Homes development. The property offers wooden flooring, fully equipped kitchen, balcony, designer furnishings and 24 hour concierge service.

Docklands 020 7510 8444



Waterside Park, E16 £300 pw

A newly built one bedroom apartment located within easy walking distance of Pontoon DLR station. The property offers designer furnishings and a good sized balcony with views of the river Thames and Canary Wharf.

Canary Wharf 020 7515 1000

Canary Wharf office

Horizon Building, 15 Hertsmere Road, London E14 4AW

Tel: 020 7515 1000 | canarywharf@chaseevans.co.uk

Pan Peninsula office

Pan Peninsula, 1 Millharbour, London E14 9XP

Tel: 020 7536 7900 | panpeninsula@chaseevans.co.uk

Docklands office

St Davids Square, 320 Westferry Road, London E14 3QL

Tel: 020 7510 8444 | docklands@chaseevans.co.uk

Head office and Property Management

Third Floor, 6 Malvern House, 199 Marsh Wall, London E14 9YT

Tel: 020 7510 8430 | propertymanagement@chaseevans.co.uk

EXCLUSIVE GREENWICH RIVERSIDE LIVING

NEW CAPITAL QUAY

GREENWICH SE10



1 BED APARTMENTS TO 3 BED PENTHOUSES – PRICES ON APPLICATION

- Thameside village with walkways, gardens & fabulous riverside views
- 5 minutes from Greenwich town centre, Cutty Sark & transport links
- Underground parking & 24-hour security
- On-site shops, bars & restaurants – plus new Waitrose



Competitive City of London homes – Prices from £695,000

7 LUDGATE BROADWAY, EC4



Live in the historic heart of the city

- Eight 1 & 2 bedroom apartments and one 3 bed duplex penthouse with private roof terrace
- Ready for occupation – Autumn 2013
- Magnificent St Paul's Cathedral and City skyline
- Short walk from City Thameslink and Blackfriars Underground
- 5 minutes Tube from West End shops, restaurants and theatres

All prices correct at time of going to press. Journey times stated are approximate | Aerial photography looking towards Ludgate Broadway

FOR ALL SALES ENQUIRES

020 7620 1500

OPEN 7 DAYS 9AM - 6PM

sales@galliardhomes.com | www.galliardhomes.com





OVER
85%
SOLD



ABODE**E3**
BOW

GET CLOSER

**FANTASTIC VALUE
FOR MONEY AND
ONLY 7 MINS FROM
CANARY WHARF**

**NOW ON SALE
READY FOR OCCUPATION AUTUMN 2013**

Just fourteen 1 & 2 bedroom apartments ideally placed for
The City, Canary Wharf and The Docklands.

For more information call:

020 3538 8589

www.abode3.co.uk

**Priced at
£285,000***

Selling Agent:



bridge.co.uk

A development by:



telfordhomes

Lifestyle images are indicative only. Computer generated image of development.
Map not to scale. *Prices correct at time of going to print.

Don't sprint for the line

**ENDS
JULY 31**



book now at last year's rates

2013 before July 31

£65 per head

£60 for four plus

2014 after July 31

£85 per head

£80 for four plus

Email nikki.hamersley@wharf.co.uk or call 020 7293 2247 for bookings and more information



Tickets include a drinks reception in association with
Gaucho + three course dinner + wine and cocktails + evening
entertainment at the Hilton London Canary Wharf on May 8

GAUCHO

the **Wharf** May 8, 2014 **PROPERTY
AWARDS**

in association with **Gawor & Co**
Solicitors

020 7510 1050



PROPERTIES & MANAGEMENT LTD

SPECIALISTS IN LETTING & RESIDENTIAL SALES

LETTINGS



Evelyn Court, BR2

- A one bed apartment on 4th floor
 - Spacious hallway with storage, modern fitted kitchen, lift, parking space
 - Close to the Glades shopping centre & Bromley South station
- £235 p/w** **Call 020 7510 1050**



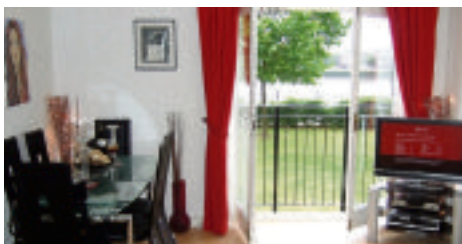
The Pulse, NW9

- A furnished one bedroom apartment situated on the 8th floor
 - Open plan fitted kitchen, lift & communal gardens
 - Short walking distance to Colindale tube station
- £250 p/w** **Call 020 7510 1050**



Kara Court, Caspian Wharf, E3

- One bedroom apartment on 1st floor, private wood decked balcony
 - Wooded flooring to living areas with carpet to bedroom, under flooring heating & concierge
 - Close to Devons Road DLR station
- £290 p/w** **Call 020 7510 1050**



Ferguson Close, E14

- A two bedroom, one bathroom raised ground floor apartment
 - Offering direct river view, fully fitted kitchen & parking
 - Situated within a 10 minute walk to Mudchute DLR
- £300 p/w** **Call 020 7510 1050**



Baltimore Wharf, E14

- Luxury Studio Apartment situated on 6th floor
 - Private balcony, modern fully fitted kitchen, Marble flooring & lift
 - Moments away from Canary Wharf
- £345 p/w** **Call 020 7510 1050**



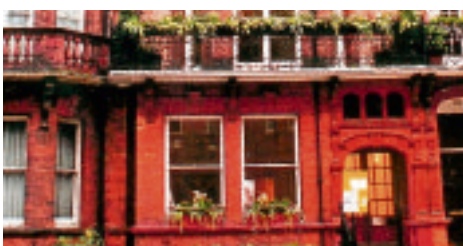
Athena Court, Finchley Road, NW8

- Recent refurbished 1 bedroom apartment on 5th floor
 - Wood laminated flooring to living area & lift
 - Situated in adjacent to St. John's Wood Station
- From £350 p/w** **Call 020 7510 1050**



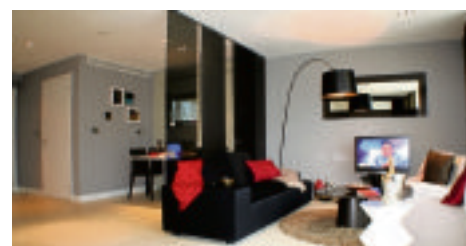
Bridges Wharf, SW11

- A selection of furnished one / two beds apartments
 - Fully fitted high spec kitchens, wood flooring to reception room & hallway, balcony with river view, 24 hrs concierge & underground parking
 - Easy access to Sloane Square and Kings Road
- From £355 p/w** **Call 020 7510 1050**



Draycott Place, SW3

- A selection of studio apartments for rent in Draycott Place
 - Fully furnished, fitted kitchenettes, entry phone system, GCH & lift
 - Off Sloane Square & behind the world famous Kings Road
- £380 p/w inclusive of bills** **Call 020 7510 1050**



Bezier, Old Street, EC1

- Self contained studio with private balcony on 7th floor
 - Fully fitted kitchen, under floor heating, 24 hours concierge & leisure facilities
 - Short walk to Old Street Station & local shopping facilities
- £435 p/w** **Call 020 7510 1050**



Ink Building, W10

- A selection of two beds/two baths apartments
 - Wood laminate flooring throughout living area, modern fully fitted kitchen, 24hrs concierge & secure parking
 - Close to Ladbroke Grove Station
- £475 p/w** **Call 020 7510 1050**



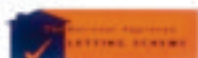
Claremont Heights, N1

- A two double bedroom apartment on 1st floor
 - Fully fitted kitchen, secure parking and porter facilities
 - Minute walk to Angel Underground
- £520 p/w** **Call 020 7510 1050**



The Westminster, SW1

- A selection of 1 or 2 beds apartments in the heart of London
 - Wooden flooring throughout living area, modern fully fitted open planned kitchen, under floor heating, lift & secure underground parking
 - Close to Westminster and St James Park Station
- From £525 p/w** **Call 020 7510 1050**



Vantage Properties & Management Ltd 卓越物業管理有限公司

24 Skylines, Limeharbour, London E14 9TS

email: london@vantage-uk.com web: www.vantage-uk.com



www.strettons.co.uk
Helping people move since 1931



ARTILLERY LANE, SPITALFIELDS, E1 7LR

Superb stylish, historic but modernised flat To Let.

A spacious corner-home in the heart of Spitalfields, off Bishopsgate and within walking distance of Liverpool Street stations. Broadgate and, of course, Spitalfields Market. A split-level apartment in a listed building having undergone an extensive restoration programme, to combine modern design with original character and charming features. This early 18th century property, most recently used as professional offices, was originally a gentleman's residence; it became an Apothecary's shop with lying-in hospital, and for 100 years from mid-19th century it was a general store & dairy. The entrance to the new maisonette is in Gun Street (in Henry VIII's old Artillery Grounds). The building still boasts original panelling and many other features.

Ground Floor: Entrance into a spacious study/reception area with what may be the oldest atrium in London, a wonderful full height light well with stained glass lights, where we are told that a dairy-cow was once kept!

First Floor: Magnificent wood panelled double aspect Drawing Room with original dividing doors and period fireplaces. Newly fitted kitchen with Siltstone worktop and new, fully integrated kitchen appliances.

Second Floor: 2 charming irregular shaped double bedrooms and a modern bathroom.

Top Floor: Master suite comprising double bedroom and wet-room featuring an oversized cubicle and thermostatic shower.

The property has been sympathetically refurbished with the support of English Heritage and the Spitalfields Trust to a high standard, including polished wood floors, gas central heating, sash windows, some original joinery and doors, cast iron fireplaces, and one of London's oldest recorded atriums.

There is storage for bicycles but we understand that the local authority will not grant a parking permit for this property. EPC not applicable as it is a listed building.

Available to rent on Assured Shorthold Tenancy at **£1,270 per week exclusive**.

Viewing by arrangement with Strettons; please contact Residential Manager, Neil Harris on 0208 522 4666 for an appointment.

Sales • Lettings • Management • Land & New Homes • Property Auctions



Stratford Office 020 8522 4666

63 Broadway, Stratford E15 4BQ. stratford@strettons.co.uk

Walthamstow Office 020 8520 8877

Central House, 189-203 Hoe St E17 3SZ. residential@strettons.co.uk

“FIRST CLASS SERVICE. FIRST CLASS RESULTS”



CAVENDISH NOTT

AWARD WINNING ESTATE AGENTS
www.cavendishnott.im



‘IMAGE’ DEVELOPMENT HEMEL HEMPSTEAD BY AWARD
WINNING DEVELOPER DANDARA

NEW BUILD 1 BEDROOM APARTMENTS FROM £159,550
NEW BUILD 2 BEDROOM APARTMENTS FROM £199,950

- Government-backed 'Help to Buy' scheme available*
- Great investment potential
- Many apartments with balconies and breathtaking views
- Concierge service
- Boutique hotel style bathrooms and fully fitted Leicht kitchens as standard
- Only 26 Mins. (Approx.) by train from Hemel station to London Euston station

*Terms and Conditions apply. Please ask for further details.

TELEPHONE 0845 565 0095 (Local Rate)



STRAWBERRY PARK.CO

RESIDENTIAL ■ SURVEYING ■ SALES ■ LETTINGS

STRAWBERRY PARK LTD

Level 33, 25 Canada Square, Canary Wharf, London E14 5LQ

T: 0207 038 8028 E: team@strawberrypark.co

www.strawberrypark.co



ARCHITECTS ■ SURVEYORS ■ PROPERTY CONSULTANTS



**JONES LANG
LASALLE®**

Real value in a changing world

020 7715 9700
joneslanglasalle.co.uk



Aqua Vista, E3

£190,000 L/H

- Studio apartment
- Investment Opportunity
- 8th floor, 332 sqft
- Let until April 2014

EPC - C



Landmark West, E14

£375,000 L/H

- One bedroom
- 8th floor, 559sqft
- Courtyard facing
- Gym & 24hr concierge

EPC - B



Landmark West, E14

£375,000 L/H

- Investment Opportunity
- One bedroom
- Generating £18,200pa
- 559sqft, 6th floor

EPC - B



Aqua Vista, E3

£400,000 L/H

- Brand New Apartment
- Two bed, two bath
- Balcony, Concierge
- Langdons Park DLR

EPC - C



Landmark East, E14

£470,000 L/H

- Investment Opportunity
- One bedroom
- 538sqft, 39th floor
- Achieving £21,320 pa

EPC - B



Landmark East, E14

£470,000 L/H

- One Bedroom
- 34th floor, east facing
- Gym and 24hr Concierge
- Heron Quays DLR

EPC - B

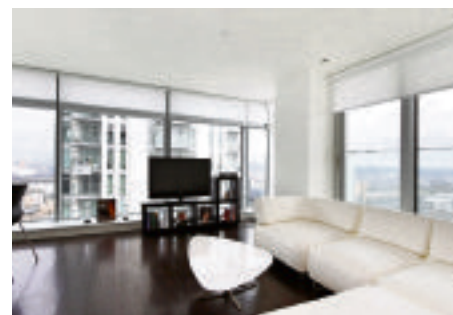


Baltimore Wharf, E14

£475,000 L/H

- Two bed, two bath
- South facing balcony
- Boulevard views
- Crossharbour DLR

EPC - B

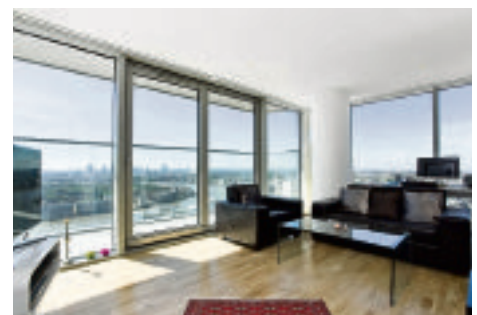


Pan Peninsula West, E14

£650,000 L/H

- Luxury apartment
- Two Bed, Two Bath
- Gym and concierge
- Close to DLR and Canary Wharf

EPC - C



Landmark West, E14

£695,000 L/H

- Two bed/two bath
- 25th floor, 807sqft
- West London & River views
- Gym & 24hr concierge

EPC - B



JONES LANG
LASALLE®

Real value in a changing world

020 7715 9700
joneslanglasalle.co.uk



Matchmakers Wharf, E9

£270pw

- Brand New Development
- One Bedroom, One Bathroom
- Balcony & communal Roof Terrace
- Homerton Station



Caspian Wharf, E3

£275pw

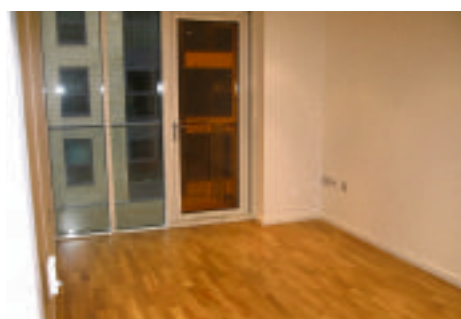
- Brand New Luxury Apartment
- One Bedroom
- Balcony, South East facing
- 24hr Concierge, Devons Road DLR



Moro Apartments, E14

£300pw

- One bed apartment
- 10th floor, Balcony
- New Development
- Langdon Park DLR



Ability Place, E14

£360pw

- One Bedroom
- Gym & Fitness Pool
- 24 Hour Concierge
- Close to South Quay DLR



New Festival Quarter, E14

£370pw

- Two Beds, Two Baths
- Balcony
- Gym and concierge
- Langdons Park DLR



Victoria House, SE16

£370pw

- One Bedroom
- Balcony
- Gym and 24hr Concierge
- Canada Water Jubilee line



Landmark East, E14

£395pw

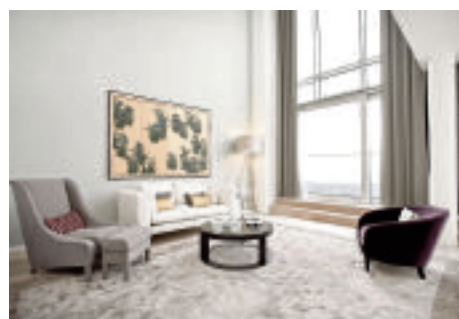
- Luxury, one bedroom
- 37th floor, south facing
- Gym and 24 Hour Concierge
- Heron Quays DLR



Landmark East, E14

£580pw

- Two Beds, Two Baths
- Balcony, 31st floor
- Gym and 24Hour Concierge
- Heron Quays DLR



Baltimore Wharf, E14

£800pw

- Stunning Duplex Penthouse
- Two bed, two bath
- Gym, Pool & 24hr Concierge
- Crossharbour DLR

ALAN SELBY AND PARTNERS

Estate Agents | Land & Development Consultants



Denison House, E14

- £309,995
- One Bedroom Apartment
- Ground Floor
- Chain free
- Great location
- Bright & Spacious



Brody House, E14

- £849,995
- Two Bedroom Apartment
- City Fringe Location
- Parking Available
- Excellent Condition
- Open Plan Living



Naxos Building, E14

- £324,995
- One Bedroom Apartment
- Ground Floor
- River Views
- Chain Free
- Open Plan Living



Aegon House, E14

- £309,995
- One Bedroom Apartment
- 8th Floor
- Superb Views
- Large Terrace
- Secure Parking



Seacon Tower, E14

- £499,995
- 2 Bedrooms
- 24 Hour Concierge
- Leisure Facilities
- Sole Agency
- Chain Free



020 7519 5900
info@alanselby.co.uk
www.alanselby.co.uk

Traditional values | A modern approach

ALAN SELBY
AND PARTNERSEPC
Rating:
C**Jefferson Building, E14**

- £410 Per Week
- Two Bedrooms
- Fourth Floor
- Leisure Facilities
- Concierge
- Available Now

EPC
Rating:
C**Fleet House, E14**

- £430 Per Week
- Two Double Bedrooms
- Marina Views
- Two Bathrooms
- Fully Furnished
- Available Now

EPC
Rating:
C**The Exchange, E1**

- £430 Per Week
- One Bedroom
- Sought after location
- 750 Sq. Ft
- Concierge Service
- Available July 2013

EPC
Rating:
B**Ocean Wharf, E14**

- £375 Per Week
- One Bedroom
- Fully Furnished
- Concierge
- Riverside Development
- Available Now

EPC
Rating:
C**St David's Square, E14**

- £340 Per Week
- One Bedroom
- 24 Hour Concierge
- Fully Furnished
- Leisure Facilities
- Available

020 7519 5900
info@alanselby.co.uk
www.alanselby.co.uk





Beyond your expectations
www.hamptons.co.uk

HAMPTONS
INTERNATIONAL



Millharbour, E14. £700,000 Leasehold
1200 sq ft, 15th floor, 2 bedrooms, views from the balcony, concierge, parking and gym. **EPC: B**



Swallow Place, E14. £489,995 Leasehold
An extremely well presented two/three bedroom mews house situated in a private-gated development in the heart of Limehouse. **EPC: C**

We have arrived.

Because it's important to you.

www.hamptons.co.uk



Landmark West, E14. £410,000 Leasehold
Situated on the 21st floor of this highly sought after development is this 572 sq ft one bedroom apartment. **EPC: B**



Millharbour E14. £350,000 Leasehold
A contemporary 1 bedroom apartment with balcony, gym, concierge and secure parking. **EPC: B**

Hamptons Canary Wharf

Sales. 0207 745 7121 | Lettings. 0207 745 7120





Beyond your expectations
www.hamptons.co.uk

HAMPTONS
 INTERNATIONAL



Vermilion Building, E16. £375 per week. Furnished

A larger than average two double bedroom apartment located on the 18th floor of this brand new development. **EPC: B**



Port East Apartments, E14. £395 per week. Furnished

A beautiful one bedroom apartment within this exclusive warehouse conversion. **EPC: E**



Streamlight Tower, E14. £330 per week. Furnished

Fantastic one bedroom apartment in this sought after brand new development. With balcony and views towards the river. **EPC: C**



West India Quay, E14. £745 per week. Furnished

A stand out two bedroom, two bathroom duplex apartment in the exclusive One West India Quay. With stunning views and an abundance of space. **EPC: C**



Clippers Quay, E14. £395 per week. Furnished

A lovely house located conveniently for Canary Wharf in a quiet waterside location. Benefiting from modern fixtures and furniture. **EPC: C**



Ontario Tower, E14. £440 per week. Furnished

A beautiful modern and contemporary one bedroom apartment located on the 22nd floor. Bathed in natural light with stunning views. **EPC: C**

Hamptons Canary Wharf

Sales. 0207 745 7121 | Lettings. 0207 745 7120



Available on the
App Store

WE KNOW WHY PEOPLE LOVE LIVING IN CANARY WHARF
GREAT PLACES TO EAT AND DRINK, A MOMENT'S COMMUTE TO ONE OF
WORLD'S FINANCIAL POWERHOUSES, A FRESH BREEZE FROM THE RIVER
AND APARTMENTS WITH STUNNING VIEWS.

Unit 2, South Quay Plaza,
185 Marsh Wall, Canary Wharf,
London, E14 9SH

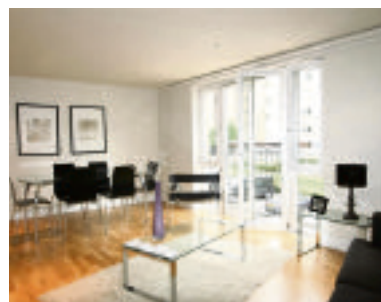
Felicity J. Lord



CALEDONIAN WHARF, E14, £390pw

Amazing modern two bedroom apartment located in private riverside development with direct river views from the lounge kitchen and master bedroom. Spacious lounge with patio doors leading to private riverside terrace. Large kitchen diner ideal for entertaining. Benefits from private parking.

CANARY WHARF
020 7093 1600
Ref: FJL001
EPC - C



MILLENNIUM HARBOUR, E14 £450pw

Splendid two bedroom, two bathroom apartment in a secure riverside development. Bright and airy with spacious lounge and plenty of storage. Stylishly furnished throughout. The development boasts concierge, gym and secure parking. Secure parking included.

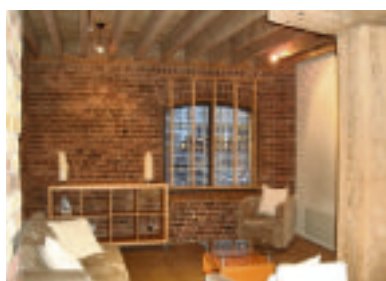
CANARY WHARF 020 7093 1600
Ref: FJL002 | EPC - C



LYNDHURST LODGE, E14 £250pw

Fantastic two bedroom apartment in this popular development just a short walk from Canary Wharf. Bright reception room with wood floors, modern fitted kitchen, two double bedrooms and bathroom suite. Benefits from off street parking.

CANARY WHARF 020 7093 1600
Ref: FJL003 | EPC - B



PORT EAST APARTMENTS, E14 £395pw

Luxury one bedroom warehouse conversion with spacious open plan living area and fantastic storage throughout with original exposed brickwork, iron work and tall ceilings. South facing looking on to the river offering panoramic views with 24hr concierge.

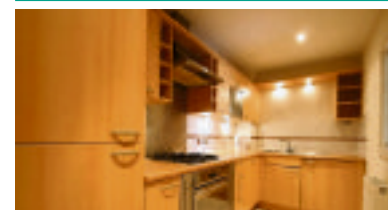
CANARY WHARF 020 7093 1600
Ref: FJL004 | EPC - E



ABILITY PLACE, E14 £470pw

An outstanding two double bedroom flat overlooking the dock within a close walking distance of Canary Wharf. This landmark development boasts a gym and pool with a location to match the best it even includes parking! The property is furnished to a high standard and viewing is recommended straight away.

CANARY WHARF
020 7093 1600
Ref: FJL005
EPC - C



VIRGINIA QUAY, E14 £300pw

Wonderful one bedroom apartment located on the river just moments from the DLR. Includes a bright lounge with a private balcony overlooking the river and modern separate kitchen. Benefits include 24hr porter and parking.

CANARY WHARF 020 7093 1600
Ref: FJL007 | EPC - B

NARROW STREET, E14 £380pw

A rare opportunity to live in this fantastic warehouse conversion in Limehouse. Offered fully furnished the property is bright throughout with a spacious lounge, hardwood floors and modern kitchen. Large master bedroom with private balcony and en suite. Enjoy a stroll and stop at a really nice pub called The Grapes. Benefits from secure parking.

CANARY WHARF
020 7093 1600
Ref: FJL008
EPC - C



CHICHESTER WAY, E14 £440pw

Wonderful end of terrace three bedroom house set over two floors with a private garden and balcony. Downstairs comprises the bedrooms, upstairs boasts a stunning open plan living area, modern kitchen, dining area and separate w/c.

CANARY WHARF 020 7093 1600
Ref: FJL009 | EPC - C



VIRGINIA QUAY, E14 £300pw

Great two bedroom, two bathroom apartment benefits from a very spacious living area leading into a modern fitted kitchen, boasts wooden flooring and offers a wealth of storage. Offered fully furnished, secure parking included.

CANARY WHARF 020 7093 1600
Ref: FJL010 | EPC - B

WE KNOW WHY PEOPLE LOVE LIVING IN CANARY WHARF
GREAT PLACES TO EAT AND DRINK, A MOMENT'S COMMUTE TO ONE OF
WORLD'S FINANCIAL POWERHOUSES, A FRESH BREEZE FROM THE RIVER
AND APARTMENTS WITH STUNNING VIEWS.

Unit 3c, South Quay Plaza,
185 Marsh Wall, Canary Wharf,
London, E14 9SH

Felicity J. Lord



BURRELL'S WHARF, E14

£379,995

A super example of an authentic warehouse apartment retaining a wealth of features including exposed brick walls and large warehouse style windows. With two double bedrooms and a fabulous open plan reception room. A must see property.

CANARY WHARF
0207 987 6776
Ref: FJL026904014
EPC - C



BLYTH CLOSE, E14

£349,995

This unusually large two double bedroom freehold house comes with well proportioned rooms and a good sized south facing private garden. Positioned within this quiet cul-de-sac with off street parking. Be quick to view this attractive property.

CANARY WHARF 0207 987 6776
Ref: FJL026904097 | EPC - C



CYCLOPS WHARF, E14

£499,995

An outstanding two double bedroom apartment with far reaching westerly views across The River Thames and towards the London skyline. Immaculately presented throughout, this well proportioned 7th floor property is a must see.

CANARY WHARF 0207 987 6776
Ref: FJL026903773 | EPC - C

WE NEED YOUR PROPERTY!

Due to a high level of demand we require properties across all price ranges for waiting buyers. Call us now and maximise your price.

CANARY WHARF 0207 987 6776



VERMEER COURT, E14

£374,995

This beautifully presented two bedroom split level apartment has stunning views over The River Thames and Canary Wharf. Positioned on the 2nd and 3rd floors of this well located development, within walking distance to Canary Wharf.

CANARY WHARF 0207 987 6776
Ref: FJL026904100 | EPC - C



ST DAVID'S SQUARE, E14

£489,995

Offering spectacular views across The River Thames is this three double bedroom apartment positioned on the 4th floor of this popular riverside development. On site facilities include pool, gym and concierge.

CANARY WHARF
0207 987 6776
Ref: FJL026904069
EPC - C



SAUNDERSNESS ROAD, E14

£364,995

This rare to the market apartment comes with three well proportioned bedrooms and a spacious living room. Positioned on the second floor of this well located private development, a short stroll from the river and Canary Wharf.

CANARY WHARF 0207 987 6776
Ref: FJL026904101 | EPC - C

LANDMARK TOWER WEST, E14

£600,000 to £630,000

Offering incredible views from the 24th floor is this well proportioned two double bedroom apartment in Landmark West Tower. Finished to a very high specification throughout and being within a few minutes walk from Canary Wharf, this superb apartment must be seen.

CANARY WHARF
0207 987 6776
Ref: FJL026904125
EPC - B



PIERHEAD LOCK, E14

£439,995

This well proportioned apartment has bright easterly views towards The River Thames. With spacious rooms and a contemporary interior this conveniently located property also comes with two bathrooms, balcony and gated parking.

CANARY WHARF 0207 987 6776
Ref: FJL026903649 | EPC - C



UNDINE ROAD, E14

£274,995

This well located 2 bedroom apartment comes with well proportioned rooms and a lovely south facing private garden. Clippers Quay is a quiet development next to Mudchute DLR with Canary Wharf also within easy walking distance.

CANARY WHARF 0207 987 6776
Ref: FJL026904117 | EPC - C

WE KNOW WHY PEOPLE LOVE LIVING IN LONDON'S VILLAGES
LIVELY COMMUNITIES, PRETTY PARKS, GOOD PUBS AND RESTAURANTS,
CHARACTERS ALL OF THEIR OWN. WE LOVE LONDON'S VILLAGES AND
WE KNOW WHY BUYERS DO TOO.

fjlord.co.uk

Felicity J. Lord



THE CIRCLE, SE1 £1,225,000

A chance to acquire one of the most beautiful penthouses within the renowned Circle development in the heart of Shad Thames. Features include 36' terrace with views of the Shard, luxury kitchen and bathrooms and secure parking.

SHAD THAMES
020 7089 6490
Ref: FJL027604367
EPC - E



ADMIRALS COURT, SE1 Guide Price £750,000 - £800,000

Located in the heart of Shad Thames with views over Tower Bridge Piazza is this fantastic two bedroom duplex apartment with two balconies, en-suite and secure parking. To arrange an internal inspection, please call our sales team today.

SHAD THAMES 020 7089 6490
Ref: FJL027604329 | EPC - C



ST SAVIOURS HOUSE, SE16 GUIDE PRICE £750,000 - £775,000

A spacious two bedroom two bathroom apartment found within this character building close to the River Thames. Internally the property offers high ceilings, air conditioning, open-plan kitchen and wonderful 27' terrace. Viewing highly recommended.

SHAD THAMES 020 7089 6490
Ref: FJL027604216 | EPC - C



PLOVER WAY, SE16 £300,000 - £320,000
A one bedroom apartment on the top floor of this idyllic location offering direct views of the lake. The property has access to loft space, allocated parking and offered chain free.

SURREY QUAYS 020 7237 2320
Ref: FJL113200808 | EPC - C



WESTMINSTER COURT, SE16

£320,000 - £340,000

A two bedroom apartment accessed via your own front door benefiting from being part of the King & Queen Wharf development offering concierge service and on-site swimming pool and sauna.

SURREY QUAYS
020 7237 2320
Ref: FJL113200804
EPC - C



HERON PLACE, SE16 £380,000 - £400,000

A two bedroom apartment in this quiet cul-de sac development set off of Rotherhithe Street. The apartment is in excess of 900sqft internally plus a large private terrace, allocated parking and offered chain free.

SURREY QUAYS 020 7237 2320
Ref: FJL113200837 | EPC - C

WASHINGTON BUILDING, SE13

Guide Price
£350,000-£375,000

Accommodation comprises two double bedrooms, a contemporary bathroom, a spacious reception room featuring two double glazed patio doors on dual aspects, providing access onto a private roof terrace and separate balcony, with a luxury open plan kitchen to the rear.

GREENWICH
020 8293 8555
Ref: FJL027103930
EPC - B



DEVONSHIRE DRIVE, SE10

£700,000 - 750,000

Accommodation comprises three bedrooms, of which, one is a fabulously large master bedroom with high ceiling and a large five piece en-suite, another double bedroom and a third single study, two reception rooms providing lounge area and separate dining space, a luxury separate kitchen, a contemporary guest bathroom, and a private rear garden.

GREENWICH 020 8293 8555
Ref: FJL027103931 | EPC - C



STRAIGHTSMOUTH, SE10 £650,000

A wonderful three bedroom town house nestled in the centre of Greenwich, close to a host of hugely convenient transport links and a wealth of parkland, attractions, amenities and restaurants.

GREENWICH 020 8293 8555
Ref: FJL027103072 | EPC - C

What if...

...it was possible for a property to be legally secured in 28 days or less?

...Now it is.

Whether you are selling or buying, we aim to make your move legal within 28 days, so you can move on and plan your future...
or you don't pay!*

Ask your estate agent for details, or visit us at www.move28.com to see just how we do it - You can also

Call 0844 247 28 28 to request a detailed brochure.

Ask about our
FREE EPC
& 3-D floor plan**

MOVE 28  **.com**
Accelerated conveyancing

Our partners

 **Record**

 **ETSOS**

 **National**

 **Europcar**

 **Alamo**

 **BIG YELLOW SELF STORAGE**



*Conditions apply. To view our terms and conditions, please visit our website at www.move28.com



RiverHabitat.co.uk

River Habitat

Property Brokers

DOCKLANDS & CANARY WHARF



**RESERVOIR STUDIOS,
547 CABLE STREET, E1W**
£400 pw

- Two bedroom apartment
- Furnished with balcony
- Excellent transport links
- Available Now



**MANCHESTER COURT,
GARVARY ROAD, E16**
£415 pw

- Three bedroom house
- 799 sq ft over two storeys
- Rear garden and parking
- Available Now



**NEW PROVIDENCE WHARF,
FAIRMONT AVENUE, E14**
£450 pw

- Two bed apartment
- 2,111 sq ft on ground floor
- Unfurnished with River Views
- Available Now



**LIMEHOUSE WHARF,
NARROW STREET, E14**
£995 pw

- 3 Bed Warehouse Conversion
- 2,111 sq ft on ground floor
- Unfurnished with River Views
- Available Now



**DENISON HOUSE,
LANTERNS WAY, E14**
£290,000

- Studio apartment
- Circa 392 sq ft on ground floor
- South facing balcony
- Close to South Quay DLR



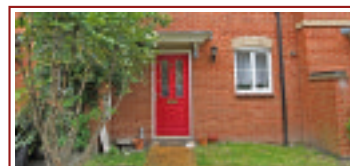
THE PANORAMIC, LONDON, E14
£285,000

- COMPLETION JULY 2013**
- Off Plan Opportunity
 - One Bedroom Apartment
 - 523 sq ft with balcony & city views
 - Close to Langdon Park DLR



**LANTERNS COURT,
MILLHARBOUR, E14**
£360,000

- One bedroom apartment
- Circa 538 sq ft on seventh floor
- Open plan living space
- Close to South Quay DLR



**MANCHESTER COURT,
GARVARY ROAD, E16**
£450,000

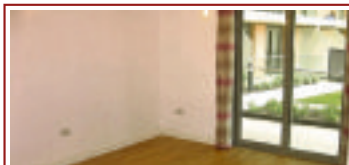
- Three bedroom house
- 799 sq ft over two storeys
- Rear garden and parking
- Excellent transport links

BLACKHEATH & GREENWICH



**WEST CADET QUARTERS,
THE ACADEMY, SE18**
£214 pw

- Studio apartment
- 350 sq ft on first floor
- Furnished with parking
- Available Soon



**VENICE CORTE,
RENAISSANCE, SE13**
£340 pw

- Two bedroom apartment
- Unfurnished on 2nd floor
- Excellent transport links
- Available Soon



**THE BLUE BUILDING,
115 WOOLWICH ROAD, SE10**
£345 pw

- Two bedroom apartment
- Furnished on first floor
- Parking Available
- Available 4th July



**GREENFELL MANSION,
MILLENNIUM QUAY, SE8**
£595 pw

- Three bedroom apartment
- Furnished on ground floor
- Parking and good transport links
- Available Now



**BRAMBLEBURY ROAD,
PLUMSTEAD COMMON, SE18**
£269,950

- Three bedroom house
- Private rear garden
- Well maintained in quiet street
- Close to transport links



**MAURER COURT,
GREENWICH, SE10**
£399,995

- Two bedroom apartment
- Panoramic river views
- Circa 705 square feet
- Car Parking included



**BLENHEIM COURT,
GREENWICH, SE10**
£419,999

- Two bedroom penthouse
- 1,001 square feet
- Panoramic views in all directions
- Excellent transportation links



**MAURER COURT,
GREENWICH, SE10**
£575,000

- Two bedroom apartment
- Top Floor
- Furnished with river views
- Car Parking included


www.RiverHabitat.co.uk

020 7791 9830

Info@riverhabitat.co.uk

The Suite LG, 655 Commercial Road, Limehouse, London E14 7LW



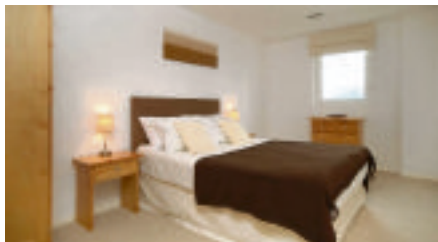
ASHLEY KING

ESTATE & LETTING AGENTS



City Towers E14 £400 per week

- Two Bedroom Apartment
- Two Bedrooms
- Tenth Floor
- Private Balcony
- 24 Hour Concierge
- Parking Available



City Towers E14 Starting From £300 per week

- A Range of One Bedroom Apartments
- 24 Hour Concierge
- Close to Transport Links
- Contemporary Living
- Fully Furnished
- Private Balconies



Horizon Building E14 £460 per week

- Two Bedroom Apartment
- Two Bathrooms
- Private Balcony
- Secure Parking
- 24 Hour Concierge
- Second Floor



New Providence Wharf E14 £285 per week

- Studio Apartment
- Fifth Floor
- Leisure Facilities
- Private Balcony
- 24 Hour Concierge
- Stunning River Views



Gainsborough House E14 £419 per week

- Two Bedroom Apartment
- Two Bathrooms
- Private Balcony
- Leisure Facilities
- 24 Hour Concierge
- Fifth Floor



Lowry House E14 £325 per week

- One Bedroom Apartment
- One Bathroom
- Spacious and Bright
- Leisure Facilities
- 24 Hour Concierge
- First Floor



Ringwood Gardens E14 £324,888

- Two Bedrooms
- One Bathroom
- Top Floor
- Loft Space
- Stunning Views
- Parking Space



Boardwalk Place E14 £449,888

- Two Bedrooms
- Two Bathrooms
- Approx 800Sq Ft
- Private Balcony
- 24Hrs Concierge Service
- Ideal location



41 Millharbour E14 Guide Price £399,888 - £424,888

- Two Bedroom Apartment
- One Bathroom
- Tenth Floor
- Stunning Views
- Dual Aspect
- Allocated Parking Space



Pan Peninsular, West Tower E14 O.I.E.O £284,888

- Studio Apartment
- Shower Room
- 27th Floor
- West Aspect
- Stunning Views
- 5***** Development



Commercial Street E1 £440,000

PUBLIC NOTICE Ashley King are now in receipt of an offer for the sum of £441,250.00 for Flat 1, 157 Commercial Street, London E1 6BJ. Anyone wishing to place an offer on this property should contact Ashley King 5 Harbour Exchange Sq, Canary Wharf, E14 9GE - T: 020 7190 3300 before exchange of contracts.



New Providence Wharf E14 £309,888

- One Bedroom Apartment
- One Bathroom
- Thirteenth Floor
- Approx 550 Sq Feet
- 5***** Development
- Long Lease

www.AshleyKingUk.com Docklands@AshleyKingUk.com
5 Harbour Exchange Square, Marsh Wall, Canary Wharf, London E14 9GE

020 7190 3300



lines open 8am - 12am



wj. meade

Established 1953

sales

lettings

valuations

DOCKLANDS & SURROUNDS

020 8981 3331

**Bow, E3**

W.J.Meade are delighted to present this top floor two bedroom, two bathroom apartment with an impressive private roof terrace measuring in excess of 280 sq ft offering panoramic south and west facing views towards Canary Wharf and the City. The internal specification includes fitted kitchen with SMEG appliances, gas central heating and designer bathrooms. Also benefitting from an allocated underground parking space, communal landscaped gardens, 24 hour concierge and bicycle storage.

£365,000 L/H**Bow, E3**

W.J.Meade are delighted to offer for sale this five storey Grade II Georgian listed terraced house in the centre of the Tredgegar Square conservation area with a self contained apartment on the lower ground floor which consists of a double bedroom, reception room, fitted kitchen, shower room and York stone patio. The many outstanding features include through living room, fitted kitchen, five bedrooms, two bathrooms, separate WC, south facing rear garden. Situated on the south terrace with views over the centre of Tredgegar Square gardens, easy access to Mile End and Bow Road underground stations.

£1,500,000 F/H**Bow, E3**

W.J.Meade are delighted to offer for sale this three storey Grade II Georgian listed terraced house within the Tredgegar Square Conservation Area. The many outstanding features include 2/3 bedrooms, designer bathroom with separate shower cubicle, designer fitted kitchen/dining room, library/study, utility room, guest WC/wet room, tiered south east facing garden, under floor heating, marble floor tiles and many amazing original features. Walking distance to Bow Road and Mile End underground stations and DLR station, easy access to Roman Road market where you can find many local shops, stores and amenities.

£749,995 F/H**Bow, E3**

Within walking distance of Mile End tube station, stunning two double bedroom, brand new apartment, ground floor, fully furnished and a large fitted open plan kitchen/ lounge, bath/shower, easy access to Canary Wharf, close to all local amenities, ideal for professional sharers, available mid August for long let.

£380 pw**Bow, E3**

W.J.Meade are delighted to offer for sale this modern Town House set within the Driffild Conservation Area set behind electronic security gates. The many outstanding features include designer fitted kitchen/ breakfast room, reception room, own terrace overlooking the Canal, four bedrooms, bathroom, guest cloakroom, allocated off street parking, fully alarmed, gas central heating, fully double glazed, separate side entrance.

£750,000 F/H**Docklands, E14**

W.J.Meade are pleased to offer this well presented one bedroom garden flat within a small ex-council block. Arranged with an open plan fitted kitchen to reception, double bedroom and three piece bathroom suite. Situated within walking distance of Canary Wharf with it's wealth of shops, bars and restaurants as well as underground and DLR stations. Chain free.

£175,000 L/H**Public Notice**

32 Shandy Street, London E1 4LX.
We advise that an offer has been made for the above property in the sum of **£384,950**. Any persons wishing to increase on this offer should notify the agents of their best offer prior to exchange of contracts. W.J.Meade Estate Agents, 391 Mile End Road, London, E3 4QS. Tel: 0208 981 3331

**Bow, E3**

Superb two bedroom first floor apartment within this period building. The features include two bedrooms, bathroom, en-suite shower room, property comes furnished or unfurnished, living room, kitchen, communal garden and allocated off street parking space behind electronic gates. The property is situated within walking distance of Bow Road underground station, Bow Church DLR station and easy access to Mile End underground station. Ideal for professional couple, available end of July for long let.

£370 pw

STRATFORD & ROYAL DOCKS

020 8221 8161

**Stratford, E15**

For sale this three bedroom ground floor purpose built flat located in the heart of Stratford. This property is ideal for easy access to Maryland and Stratford stations along with the Westfield development only moments away.

£180,000 L/H**Wanstead, E12**

Considerably substantial 7/9 bedroom detached house set on a corner plot overlooking Wanstead flats. Wanstead park and Wanstead golf course are also only a few minutes away. The property benefits from a carriage driveway, double garage, seven en suite bedrooms, kitchen/diner, ample sized reception rooms and a spacious entrance hall. The considerable plot also offers potential for development. (subject to planning).

£1,000,000 F/H**Stratford, E15**

Offering for sale this three double bedroom property which has been fully refurbished by the current vendor. Situated in the heart of Stratford close to Stratford Station, and the Westfield development, also only moments from Maryland Station. An early viewing is recommended to avoid disappointment.

O.I.E.O. £319,950 F/H**Stratford, E15**

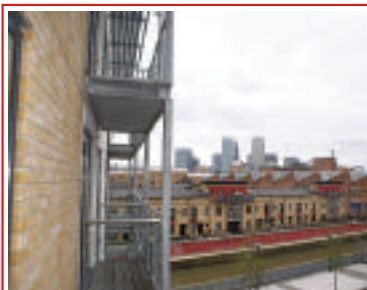
Offering for sale this end of terrace two bedroom Victorian house which is conveniently situated for both Plaistow and West Ham station along with Stratford central being only a short walk away. In our opinion this property is an ideal family home for a first time buyer.

£257,500 F/H
www.wjmeade.co.uk



DOCKLANDS REAL ESTATES

- Sales
- Lettings
- Management
- Investments



Caspian Wharf, Yeo Street, London E3

- Studio Apartment
- Fully Furnished
- 3rd Floor
- Gym Facilities

£209,995 Leasehold



Parkside Crescent, Waterside Park, Royal Docks, E16

- One Bedroom
- Gym Facilities
- 6th Floor
- Brand New Development

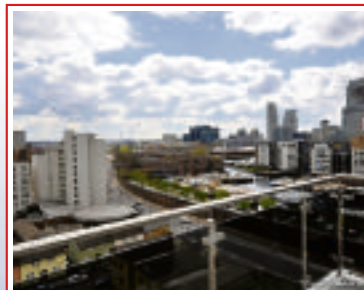
£239,995 Leasehold



Westgate Apartments, Western Gateway, ExCel, E16

- One Bedroom
- Fully Furnished
- Parking Included
- 24 Hour Concierge

£274 Per Week



Streamlight Tower, Province Square, Blackwall, E14

- Large One Bedroom
- 9th Floor
- Fully Furnished
- Balcony

£310 Per Week



The Panoramic, Hay Currie Street, Poplar, E14

- One Bedroom
- Roof Terrace
- 9th Floor
- Leisure Facilities

£264,995 Leasehold



East Tower, Pan Peninsula Square, South Quay, E14

- Studio Apartment
- Gym/Spa/Cinema Facilities
- 9th Floor
- Walking Distance To Canary Wharf

£289,888 Leasehold



Ability Place, Docklands, London E14

- One Bedroom
- 19th Floor
- Balcony
- Fully Furnished

£370 Per Week



Cobalt Point, Lanterns Way, London E14

- One Bedroom
- 7th Floor
- Fully Furnished
- 24hrs Concierge

£380 Per Week



Ability Place, Millharbour, Docklands, E14

- Studio Suite Apartment
- Gym Facilities
- 13th Floor
- Walking Distance To Canary Wharf

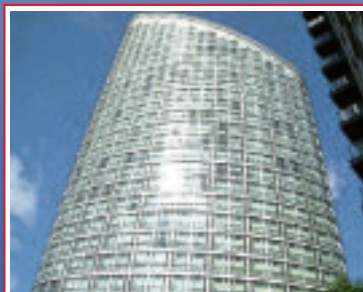
£290,000 Leasehold



Michigan Building, Biscayne Avenue, Docklands, E14

- One Bedroom
- Balcony
- 3rd Floor
- Courtyard Views

£299,995 Leasehold



Ontario Tower, Fairmont Avenue, London E14

- One Bedroom
- 6th Floor
- Fully Furnished
- 24hrs Concierge

£385 Per Week



New Providence Wharf, London E14

- One Bedroom
- Balcony
- 18th Floor
- Leisure Facilities

£395 Per Week

DOCKLANDS REAL ESTATES

59 Millharbour, London E14 9TD

Telephone: 020 7510 2288 Fax: 020 7510 2211

info@docklandsrealestates.com www.docklandsrealestates.com





020 7112 4972
 info@metro-village.com
 www.metro-village.com



Croft Street, SE8

A great one double bedroom apartment on the first floor of Crofters Court, an easy stroll from Surrey Quays & Canada Water. The property is a great size, has wooden laminate flooring throughout, is furnished in a modern style & boasts allocated parking. This lovely flat is available immediately, please call now to secure a viewing.

£245 Per Week - 1 bed



Prince Of Orange Court, SE16

Just added to the market is a stunning one bedroom flat in a converted pub in the heart of Canada Water which is available July 2013! The fantastic & spacious apartment boasts period features such as double height ceilings and enormous sash windows that have recently been refurbished.

£345 Per Week - 1 bed



Alloway Road, E3

Charming mews style house, forming part of the Tradeger Square conservation area. The property is spread over two floors, comprising a modern bathroom suite, double bedroom, open-plan reception and fully fitted kitchen. Recently renovated to an excellent standard. Located 0.25 mile walk to Mile End tube station.

£330 Per Week - 1 bed



Canon Beck Road, SE16

This lovely property comprises two bedrooms, both a good size double, a lovely open plan living room modern kitchen & living room. Benefiting from beautiful sanded wooden flooring throughout & a recently refurbished kitchen and bathroom. Ideally located within a few minutes' walk from both Canada Water & Rotherhithe stations.

£345 Per Week - 2 bed

**We are looking
for Staff**

**Metro Village are
currently recruiting
Experienced Lettings
Staff**

– Email your CV to –

info@metro-village.com



Victoria House, SE16

An astounding quality apartment in Victoria House, part of the highly sought after Maple Quays development at Canada Water - moments from the station! This stunning & larger than average apartment has views over the private internal courtyard of Victoria House, and boasts over 799 square feet of space (not including balcony), and has great storage.

£495 Per Week - 2 bed



United House, SE16

A fantastic two double bedroom, two bathroom apartment on the second floor of United House, situated at a very close walk from both Rotherhithe & Canada Water stations. The property is a very generous size, and offers allocated parking.

£395 Per Week - 2 bed



Ontario Point, SE16

Metro Village are utterly delighted to present this astounding quality 18th floor apartment in Ontario Point, part of the Maple Quays development on the doorstep of Canada Water station. This gorgeous brand new apartment is offered either furnished or unfurnished & has breathtaking views over Canary Wharf & the Thames, as well as side views over the City & Tower Bridge.

£420 Per Week - 1 bed



Raleigh Court, SE16

An absolutely gorgeous property located within the popular & rarely available Raleigh Court, a gated development within easy walk of Canada Water & Rotherhithe stations. Comprising of very large rooms, high ceilings & allocated parking - this is a truly special property boasting 1100 square feet of living space. This truly is an unusually well proportioned property and viewings are Highly Recommended.

£420 Per Week - 2 bed

Unit 1 Toronto House | Surrey Quays Road | London | SE16 7AJ

www.metro-village.com

Docklands office

429 Westferry Road, London E14 3AN

e docklands@hollandproperties.co.uk

t **020 7538 5554****Surrey Quays office**

192 Lower Road, Surrey Quays, London SE16 2UN

e surreyquays@hollandproperties.co.uk

t **020 7231 8160****Pan Peninsula, E14****£440 p/w**

- Luxury one bedroom apartment
- 24 hour concierge
- Breath-taking views
- Fifteenth floor
- On site: gym, spa, bar and cinema
- Walking distance to Canary Wharf

**Aland Court, SE16****£279,995 Leasehold**

- Two bedroom apartment
- First floor
- No onward chain
- Off street parking
- Partial dock views
- Peaceful location

**Perry Court, E14****£380 p/w**

- Two large bedrooms
- Secure covered parking
- River views
- Balcony
- Two new bathrooms
- Walking distance to DLR

**Perry Court, E14****£384,995 Leasehold**

- Two double bedrooms
- Fourth floor
- Secure parking
- Balcony with side river views
- Two bathrooms
- Walking distance to DLR

**West India Quay, E14****£480 p/w**

- One bedroom apartment
- 24 hour concierge
- Furnished
- Parking
- Fifteenth floor
- Ideal Canary Wharf location

**Boardwalk Place, E14****£495,000 Leasehold**

- Two bedroom apartment
- Concierge
- Secure parking
- Balcony with dock views
- Two bathrooms
- Walking distance to Canary Wharf

RESIDENTIAL AND COMMERCIAL PROPERTY CONSULTANTS**www.hollandproperties.co.uk**

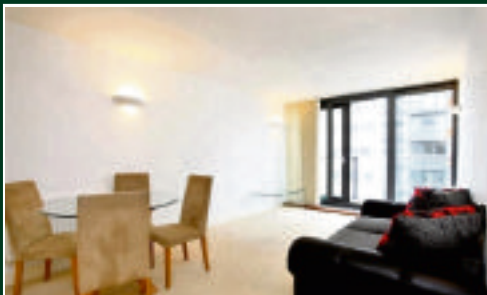
L Lourdes

lourdes-estates.com
020 7538 9250



Ashpark House, Limehouse, E14

- One double bedroom
 - Chain free
 - Excellent first time buy
 - Private balcony
- £175,000**



Neutron Tower, Blackwall, E14

- One double bedroom
 - Concierge
 - Fourteenth floor
 - Close to DLR
- £275,000**



Three Colt Street, Limehouse, E14

- Two double bedrooms
 - Westferry DLR
 - Conversion
 - Secure parking
- £325,000**



Boardwalk Place, Trafalgar Way, E14

- One double bedroom
 - Excellent location
 - Immaculate condition
 - Secure parking
- £379,999**



Imperial House, Limehouse, E14

- Two double bedrooms
 - Popular development
 - Immaculate condition
 - Gated development
- £499,999**



New Atlas Wharf, Westferry Road, E14

- Three double bedrooms
 - Two terraces
 - Investment opportunity
 - Walking distance Canary Wharf
- £699,999**



Mercury Court, Homer Drive, E14

- One bedroom
 - Residents leisure facilities
 - Secure parking
 - 24 hour concierge
- £310 per week**



Neutron Tower, Blackwall Way, E14

- One bedroom
 - 24 hour concierge
 - Private balcony
 - Leisure facilities
- £325 per week**



The Watergardens, Limehouse, E14

- Two double bedrooms
 - Private terrace
 - Secure parking
 - Close to Canary Wharf
- £405 per week**



Dundee Wharf, Limehouse, E14

- Two double bedrooms
 - Direct river views
 - Two balconies
 - Leisure facilities
- £495 per week**



St Davids Square, Westferry Road, E14

- Two double bedrooms
 - River views
 - Private balcony
 - Leisure facilities
- £625 per week**



Phoenix Wharf, Limehouse, E14

- Luxury two bedroom apartment
 - Waterfront balcony
 - Two luxury bathrooms
 - Secure allocated parking
- £690 per week**

96 Three Colt Street, Limehouse, London, E14 8AP
enquiries@lourdes-estates.com



PROPERTY
WharfTo advertise call **Nikki Hamersley** on **020 7293 2247****solicitors & estate agents****DIRECTORY****• SALES • LETTINGS • PROPERTY MANAGEMENT**

- Properties throughout Docklands, South and East London
- Call us now for a free, no obligation valuation
- 020 7515 0800 • www.lmlondon.com • valuation@lmlondon.com

**PHOENIX
PROPERTY****SALES
LETTINGS
MANAGEMENT**www.phoenixproperty.co.uk**0207 702 3434**Email: info@phoenixproperty.co.ukGun Court
70 Wapping Lane
London
E1W 2RE**CANARY WHARF SALES AND LETTINGS**KnightFrank.com/Canary-Wharf 020 7512 9966 cwharf@knightfrank.com**HURFORD****SALVI****CARR****020 7791 7000**sales.docklands@h-s-c.co.uk**020 7791 7011**lettings.docklands@h-s-c.co.uk**hollandproperties**

Surrey Quays office

surreyquays@hollandproperties.co.uk

t 020 7231 8160

Docklands office

docklands@hollandproperties.co.uk

t 020 7538 5554

www.hollandproperties.co.uk**Sales
Lettings
Management****ALAN SELBY
AND PARTNERS**www.alanselby.co.uk020 7519 5900 | info@alanselby.co.uk

Estate Agents | Land & Development Consultants

www.chaseevans.co.uk

Canary Wharf office – Horizon Building, 15 Hertsmere Road, E14 4AW | 020 7515 1000

Pan Peninsula office – Pan Peninsula, 1 Millharbour, E14 9XP | 020 7536 7900

Docklands office – St Davids Square, 320 Westferry Road, E14 3QL | 020 7510 8444

Head office and Property Management Third Floor, 6 Malvern House, 199 Marsh Wall, E14 9YT | 020 7510 8430

Chase Evans**JONES LANG
LASALLE®****020 7715 9700**
joneslanglasalle.com**Sales & Lettings**docklands.sales@eu.jll.comdocklands.lettings@eu.jll.com**11 Westferry Circus, London E14 4HD**

11 Westferry Circus, Canary Wharf, London E14 4HD

dockland.sales@eu.jll.com

PROPERTY

To advertise call **Rebecca Ginn** on 020 7510 6402

marketplace

Apartments & Flats to Let

Canary Wharf & City

New Easy Access One and Two Bedroom Luxury Apartments.
Available fully furnished or unfurnished. 1 min walk from DLR.
Free gym & pool. Restaurant, convenience store and
24 hour concierge all on site. Parking available at extra cost.
Daytime, evening & weekend viewings available. Great value,
1 bedroom from £950 per month and 2 bedroom from £1200 per month.

Call Emmy: 07813 044 442

G/F STUDIO/APT

In period block,
5mins Canary Wharf

F/furn. Large main
room, Sep kit/diner.
Shower room.
Outside space. O.S.P.

£895 pcm

07910063037

NEVER UNDER
ESTIMATE THE
POWER OF
ADVERTISING

**RING
NOW!**

Location,
location,
location...



Take a visit
and find a new home
that's perfect for you



The largest selection of
new homes in the South East



smart new homes.com

a Trinity Mirror business

London's Finest Properties

www.liferesidential.co.uk | 020 3668 1030



Ravenscroft Court · Essien Street E1

1 bedroom | Available now | Fully Furnished | Beautiful Water views | 4th Floor | Near Multiple Transport Links

£ 300 p/w



Ceram Court · E3

2 bedroom, 2 bathroom Apartment | Available August | Balcony | Close to Langdon Park DLR | Concierge

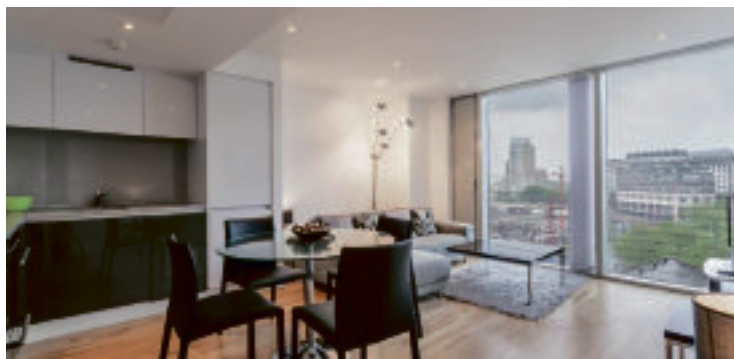
£ 345 p/w



Denison House - Lanterns Court E14

This near new property is offered in fine condition and includes high quality fixtures and fittings throughout that would suit both first time buyers or investors. Denison House sits in the very heart of South Quay only moments from the DLR and within short walking distance of Canary Wharf and Jubilee line.

Asking Price £ 330,000.00



The Landmark - West Tower E14

This particular apartment is positioned on the 8th floor and features floor to ceiling windows from both the bedroom and reception rooms providing serene and relaxing views onto the neighbouring docks and foot bridges leading into Canary Wharf, benefits ample storage, and is equipped with a fully integrated kitchen.

Asking Price £ 370,000.00



Coral Apartments · E16

3 bedroom, 2 bathroom apartment | available now | Fantastic Views | Near SRoyal Victoria and Custom House DLR| Stunning views over the river, O2 and Canary Wharf

£ 575 p/w



Cobalt Point · E14

Stunning 2 bedroom, 3 bathroom apartment | available September | Residents Gymnasium | parking available | Walking distance to Canary Wharf

£ 650 p/w

Docklands

**HURFORD****SALVI****CARR**

SALES

020 7791 7000

docklands.sales@h-s-c.co.uk



Aragon Tower, Surrey Quays, SE8
Three bed duplex, Two terraces, 1540sq ft / 143sq m, Two baths, 24hr concierge, River views, Parking, Surrey Quays station.
£835,000

Bartlett Close, Bartlett Park, E14
Freehold house, Three beds, Large kitchen/diner, Parking, Large private garden, Good location, Langdon Park DLR
£475,000

Medland House, Limehouse Basin, E14
Three bedroom flat, Secure block, Basin views, Parking, Large private garden, 24hr porter, Limehouse DLR.
£495,000

City Tower, Canary Wharf, E14
One bedroom, Secure block, Porter, 511sqft / 48sq m, Fully fitted kitchen, First floor, Balcony, South Quay DLR.
£295,000

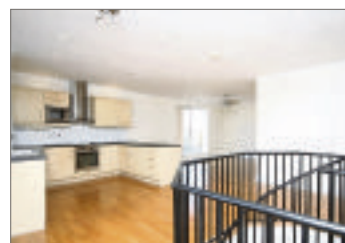
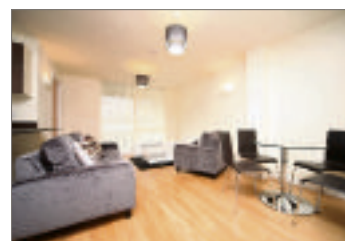
Lavender House, Commercial Road, E1
Smart two bedroom flat, Contemporary fittings, 638 sq ft / 59 sq m, Fully fitted kitchen, Second floor, Balcony, Limehouse DLR.
£350,000

Mission Building, Limehouse, E14
Two bedrooms, Secure parking, Porter, Communal roof terrace & gym, Third floor, 707sq ft / 66sq m, Limehouse DLR.
£299,999

LETTINGS

020 7791 7011

docklands.lettings@h-s-c.co.uk



Basin Approach, Limehouse Marina. E14
Immaculate one bedroom with marina views, concierge and secure parking.
£360 per week

Gaselee St, Canary Wharf. E14
2 Bedroom corporate apartment offered furnished with Street parking.
£325 per week

Basin Approach, Limehouse Marina, E14
3 bedroom duplex Penthouse, secure parking, Marina views. Unfurnished.
£670 per week

Silver Wharf, Limehouse Cut. E14
3 bedroom furnished apartment, secure parking, portage and water views.
£395 per week

Wick Lane Wharf, Bow, E3
2 bedroom duplex apartment. Unfurnished, 24/7 security, canal views.
From £335 per week

Chinnocks Wharf, Narrow St. E14
Furnished 3 bedroom apartment with direct Thames views. Secure parking and concierge.
£550 per week